

## AEP & RED RIBBON CLUB ACTIVITY

As part of Red Ribbon Club activity in co-operation with Department of AEP ,the following expert talk and training were conducted.

- (i) **Menstrual Health and Hygiene of Girl children**  
Date : 22-08-2022

Dr.Chitra Babu ( Former student of KV No.2,Vasco) (Doing Internship in Hospicio Hospital & Medical Officer of GAMRC,Shiroda) given an expertise talk on Menstrual Health and Hygiene .Students got aware about the menstrual problems and how to maintain their health.They also aware about the use of sanitary pads,menstrual cups etc and the way of proper disposal.Students were also trained to use incenerators and Vending machine.

- (ii) **AEP CLASSES**

All subject teachers conducted AEP classes on the AEP topics in classes 8-11 in an Integrated approach .Mrs.Sheeba.K.M (PGT Biology) is the Master Trainer and Co-ordinator and Dr.Sneh Gaur (TGT Hindi) is the Nodal teacher.



<b>SL.NO</b>	<b>TOPICS TO BE COVERED IN THE CLASS ROOM SECTION</b>
<b>1</b>	<b>MODULE 4 UNDERSTANDING ADOLESCENCE</b>
<b>1.1</b>	<b>We are changing</b>
<b>1.2</b>	<b>Differences in growing up process and effects on body</b>
<b>1.3</b>	<b>Physical changes during adolescence</b>
<b>1.4</b>	<b>Being comfortable with changes during adolescence</b>
<b>1.5</b>	<b>Nutritional needs of adolescence</b>
<b>1.6</b>	<b>Clarifying misconceptions</b>
<b>2</b>	<b>MODULE 5 UNDERSTANDING AND CHALLENGING STEREOTYPES AND DISCRIMINATION</b>
<b>2.1</b>	<b>Gender and Biology</b>
<b>2.2</b>	<b>Understanding and challenging stereotypes</b>
<b>2.3</b>	<b>Understanding and challenging discrimination</b>
<b>1</b>	<b>MODULE 3 ESTABLISHING AND MAINTAINING POSITIVE AND RESPONSIBLE RELATIONSHIPS</b>
<b>1.1</b>	<b>Peer relationships, Friendships, Peer influences and attraction</b>
<b>1.2</b>	<b>Relationships with parents/Guardians</b>
<b>1.3</b>	<b>Communicative effectively</b>
<b>2</b>	<b>MODULE 6 UNDERSTANDING AND REPORTING ABUSE AND VIOLATIONS</b>
<b>2.1</b>	<b>Understanding and Challenging Sexual abuse and violations</b>
<b>3</b>	<b>MODULE 7 UNDERSTANDING SUBSTANCE MISUSE</b>
<b>3.1</b>	<b>Meaning and types of substances</b>
<b>3.2</b>	<b>Why are adolescents vulnerable to substance abuse</b>
<b>4</b>	<b>MODULE 8 CONSEQUENCES OF SUBSTANCE MISUSE</b>
<b>4.1</b>	<b>Consequences of substance misuse</b>
<b>5</b>	<b>MODULE 9 CLARIFYING MYTHS AND MISCONCEPTIONS</b>
<b>5.1</b>	<b>Myths and Misconceptions about substance misuse</b>
<b>6</b>	<b>MODULE 10 ACCESSING SUPPORT FOR PREVENTION AND TREATMENT</b>
<b>6.1</b>	<b>Safety net</b>
<b>6.2</b>	<b>Laws pertaining to substance misuse</b>



Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

Principal IC





**(iii) SELF DEFENCE TRAINING FOR GIRL CHILDREN (CLASS 8-12)**

As part of the Safety and Security of Girl children Self Defence training session “ Mission Nirbhaya “ has been organised on 26/11/2022 for girls of classes 8 – 12 . KV No.2, Vasco Sports Coach Mr.Sharavanan and his Taekwondo Team .Active participation of girls generates self confidence in them .Lady Teachers participation motivated the girls with full enthusiasm.

No.of student participants : 82

No. of teacher participants :09





Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

Principal IC





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**(iv) AIDS AWARENESS ACTIVITIES**

As part of Red Ribbon Club activity and AEP Class activity, AIDS awareness activities were organized and conducted in the Vidyalaya. Mass participation of students and teachers were involved in each activity. Activities are as follows;

Date :01-12-2022

Details of expert : Dr. Jose P Noronha, Gynaecologist, AMA, Vasco Da Gama, Goa

Mrs. Sheeba.K.M (PGT Biology)

Topic : “ HIV-AIDS : Prevention is Better Than Cure”

Topics Covered : Module 11 HIV/AIDS Transmission And Prevention

Defining HIV/AIDS

Facts About HIV Transmission

MODULE 12 Situation Of HIV/AIDS In India

HIV And AIDS Prevalence In India

MODULE 13 Vulnerability Of Adolescents And Women To HIV

Vulnerability Of Adolescents To HIV

Vulnerability Of Women To HIV





## RALLY

Date : 02/12/2022

AIDS awareness rally has been organized and conducted successfully. Students convey AIDS awareness to the public through placards and posters.

No. of student participants- 82

No.o Teacher participants -28



Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

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## POSTER MAKING COMPETITION

**DATE : 02/12/2022**

**AIDS awareness Drawing and Poster making competition has been Organised and conducted the Poster making competition to create awareness on AIDS**

**Topic : HIV-AIDS : Prevention is Better than Cure**

**No. of participants : 14**

**First Position :**

**Second Position :**

**Third position : Master Sarvesh (IX)**

### ECO CLUB ACTIVITIES-2022

Kendriya Vidyalaya No.2,Vasco Da Gama,Goa developed a healthy,hygienic ,clean and green school through Clean mission-Green mission of the Vidyalya.As part of Eco club activities,Cleanliness,Health,Hygiene and AEP activities school developed a very good atmosphere for learning process.The practices in school includes;

- (1) Daily slogan after morning assembly-“ Save Water,Save Electricity,Palnt trees”
- (2) Proper cleanliness of vidyalaya which is monitored by the teachers and students daily.
- (3) Plantation process to develop the greenery and healthy atmosphere in Vidyalya
- (4) Solid waste management programme in co-operation with Goa Pollution control board and TERI
- (5) Reuse and donation od old books for the needy students
- (6) Health check ups and awareness programs

### SUBJECT ENRICHMENT ACTIVITIES INTEGRATED WITH ECOCLUB-2022

MONTH	IMPORTANCE & THEME	DEPARTMENT/CLASS INCHARGE	ACTIVITY
JUNE	5 <sup>th</sup> June Environmental Day Theme: Reimagine ,Recreate and Restore	SCOUTS AND GUIDES NCC	Plantation Environment Awareness
JULY	Vanmahotsav Theme: Grow vegetables for you by you.	XII A & XII B	Start a traditional organic garden for their school. Make a garden (herbal/flower/vegetable ) with minimum 5 plants in your home and explain step by step process of your garden
AUGUST	15 <sup>th</sup> August Independence Day	VI & VII	Health and Sanitation • Arranging lectures, presentations by local doctors, experts on health and sanitation issues, have a cleanliness drive among the eco club members such as practicing the habits of washing hands before and after food, bathing every day etc. • Have a campaign on the issue and educate other members of the school and local people create mass awareness about the effects of unhygienic habits on health. • Remedies and precautions to be taken to overcome these problems.



September	15 th September Ozone Day Theme: Ozone Layer & Noise  Poshan Maah  Swachtha Mission	SCIENCE  VIII  All classes	OZONE DAY AWARENESS CAMPAIGN <ul style="list-style-type: none"> <li>• Prepare charts, Posters and slogan on Ozone layer protection</li> <li>• Awareness Speech in Hindi and English during Assembly</li> </ul> HEALTHY DIET FOR HEALTHY STUDENT Seminar/Poster making competition Photography competition Awareness campaign in classes Serving food to foodless persons
October	2nd -Gandhi Jayanthi  3rd -World Habitat Day  Theme: Theme : Stay away from plastics	I - V	Motivating students to avoid plastic usage. Activities: <ul style="list-style-type: none"> <li>• Make a cloth bag for your purchasing purpose</li> <li>• Drink water in non-plastic bottles</li> <li>• Collect tetra packs , milk packets, wash well, Dry it and submit to the school</li> <li>• Make any two products that can show “Best out of Waste”</li> </ul>
November	Deepavali 19th - Natural Environment awareness Day  21st - World Fisheries Day  Theme: Noise	CCA  IX A & IX B	<ul style="list-style-type: none"> <li>• List out the ill effects and methods of avoiding noise pollution, make a handout on this and distribute it to people.</li> <li>• Create mass awareness campaign among the general public about sound tolerance and sound produced by the crackers.</li> <li>• Collect data on sound pollution. Collect data on permissible limits of sound.</li> <li>• Create awareness about the after effects of burning the cracker</li> </ul>
December	14th- National Energy Conservation Day  Theme: Energy Conservation	ART EDUCATION	<ul style="list-style-type: none"> <li>• Prepare pamphlets/ brochures, slogans on energy conservation, visit houses and discuss energy conservation. List 20 ways of saving energy.</li> <li>• Have a campaign on energy conservation in village with cooperation of elders.</li> <li>• List out savings obtained in school and homes due to energy conservation.</li> </ul>
JANUARY	26th - Republic Day Theme: Cleanly Environment	XI A & XI B	Adopt a natural resource Create a good environment for the adopted Natural resource . Maintenance of the adopted natural resource Prepare a report on your adoption and experience
FEBRUARY	Theme: Water Conservation	I - XI	<ul style="list-style-type: none"> <li>• Awareness campaign-Posters/charts and Rally <ul style="list-style-type: none"> <li>• Prepare plan of action for painting competition/ essay on various environmental issues/ debates on environmental issues.</li> </ul> </li> <li>• Educating people about the effects of pollution <ul style="list-style-type: none"> <li>• Save a drop project</li> </ul> </li> </ul>

## Environmental Day and Van Mahotsav celebration





## Vegetable Garden (Horticulture)

As part of Eco club activity, students and staff are growing very good vegetable garden in Vidyalaya. Seasonal plants such as Papaya, Ladies finger ,spinach , Bottle guard, Pumpkin, Banana,Chilli are commonly growing.







## **POSHAN MAAH**

**To create an awareness among parents and students regarding the “ The importance of Nutritious Food” Poshan Maah and Nutritive Food Community Lunch during the month of September,October and November.**

**Celebrated Children’s Day with the Nutritious Food Community Lunch programme “ EAT RIGHT-BE HEALTHY”**

**As part of POSHAN MAAH activity and humanitarian basis, Teachers and students donated food to foodless people.**





## **STAFF AND STUDENT'S INVOLVEMENT IN CLEANLINESS ACTIVITIES**

### **WASTE MANAGEMENT ACTIVITY**

**Project Clean Vidyalaya by Mrs.Sheeba.K.M (PGT Biology) : Since 2015 , Vidyalaya every year collecting the dry/solid wastes from students and staff and dispose the waste in proper way in co-operation with Goa Municipal Co-operation.**

**2015 - 2022**

DATE	WASTE COLLECTI ON (Kilogram s)	DATE	WASTE COLLECTIO N (Kilograms )	DATE	WASTE COLLECTIO N (Kilograms)	DATE	WASTE COLLECTION (Kilograms)	DATE	WASTE COLLECTIO N (Kilograms)	DATE	WASTE COLLECTIO N (Kilograms)
07-11-2015	138	17-03-2016	28	18-08-2017	60	05-01-2018	23	04-01-2019	30	31-01-2020	52
02-12-2015	130.5	04-08-2016	50	01-09-2017	10	19-01-2018	70	18-01-2019	20	13-02-2020	30
				15-09-2017	30	02-02-2018	15	01-02-2019	40	28-02-2020	85
				06-10-2017	15	16-02-2018	15	14-02-2019	36		
				01-12-2017	10	16-03-2018	12	16-02-2019	30		
				17-11-2017	10	22-06-2018	10	01-03-2019	35		
				15-12-2017	30	03-03-2018	8	15-03-2019	15		
						06-04-2018	15	29-03-2019	15		
						06-07-2018	5	12-04-2019	32		
						20-07-2018	8	14-06-2019	13		
						30-08-2018	35	28-06-2019	10		
						03-08-2018	0	26-07-2019	25		
						07-09-2018	65	09-08-2019	20		
						21-09-2018	55	13-09-2019	12		
						21-09-2019	55	27-09-2019	55		
						05-10-2018	75	11-10-2019	35		
						02-11-2018	63	31-10-2019	152		
								22-11-2019	102		
								06-12-2019	180		
								20-12-2019	125		



**Students of Kendriya Vidyalaya No.2,Vasco takes the Swachatha mission as part of their Day to day activities. They don't feel any ego or shame to clean their surroundings.**



Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

Principal IC



**Kumari Pooja (XII A) is helping sweeper in cleaning activity taking advantage on her height.**



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## BEACH CLEANING ACTIVITY



## VERMICOMPOST UNIT OF KV NO.2





**NATURE BASED PEDAGOGY**







## SCIENCE EXHIBITIONS

Students are trained from lower class onwards to improve their scientific attitude and scientific skill. They are motivated to make still and working models, to work out simple projects to high projects. They are free to express their scientific ideas which is then moulded by the science subject teachers.

Active participation of students in JNNSMEE, NCSC, Inspire Award are great achievements.

Students have taken their projects not only for participating in competition, but also as an awareness creating project.

### Inspire Award Nominations - 2021 -2022

**Master Druv Kotharkar (X A) - Anti Traffic Signal Violation System**

**Guide Teacher : Mrs. Sheeba.K.M (PGT Biology)**

**National Selection**

**Master Kalash Mishra (IX A) - Home made Portable Heater**

**Guide Teacher : Mrs. Sheeba.K.M (PGT Biology)**

**National Selection**

### Inspire Award Nominations - 2022 -2023

**Kumari S.Thanushree (VIII A) - Integrated house hold farming**

**Guide Teacher : Mrs. Sheeba.K.M (PGT Biology)**

**Master Kalash Mishra (IX A) - Ready made Kitchen Garden Kit**

**Guide Teacher : Mrs. Sheeba.K.M (PGT Biology)**

NCSC participants also conducted wide range of survey, experimentation by making use of Modernisation of lab tools to know about the problem in deep and to find out the solution. They created an awareness also in each class regarding the conservation of Mangrove plants and Traditional knowledge.

### National Children Science Congress - 2022

**School Level NCSC Competition : KV No.2, Vasco, Goa**

**NCSC Regional level participants : ( Venue - KV IIT, Powai)**

**Date :**

**Kumari S.Tanushree and Master Samir Bar (VIII)**

**Project Title : A study on the effect of Traditional Knowledge System on Human Health**

**Project Guide : Mrs. Sheeba.K.M (PGT Biology)**

**Master Kalash Mishra (IX) and his Team member Master Naveen Sharma (IX)**

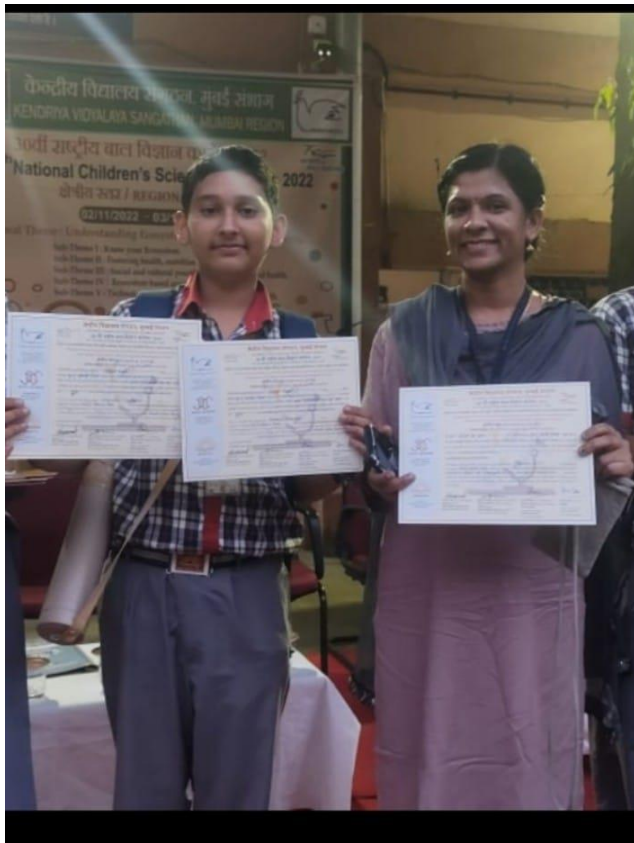


**Project Title : A study on the effect of Urbanisation on Mangrove plantations**  
**Project Guide : Mrs.Sheeba.K.M. (PGT Biology)**

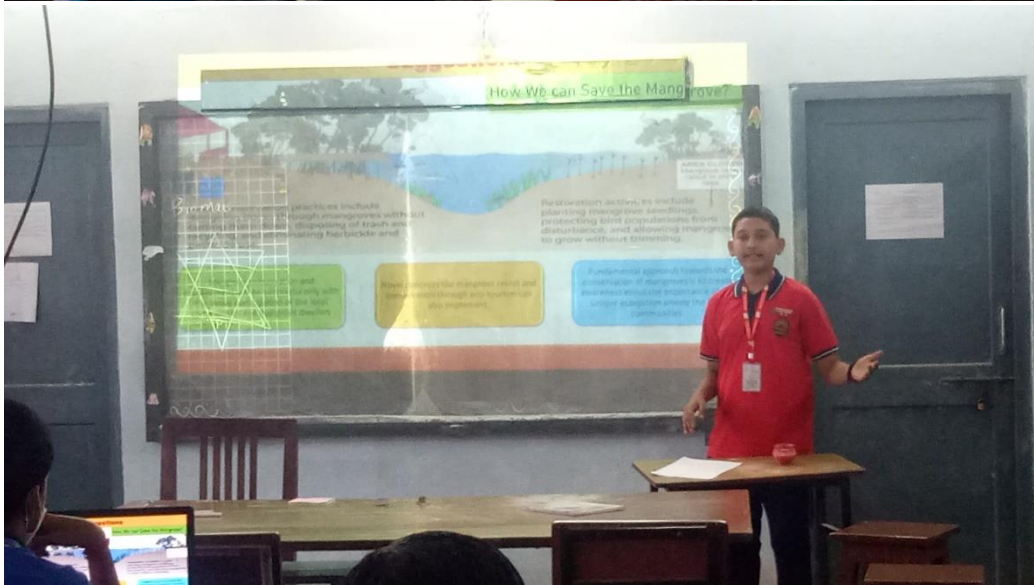
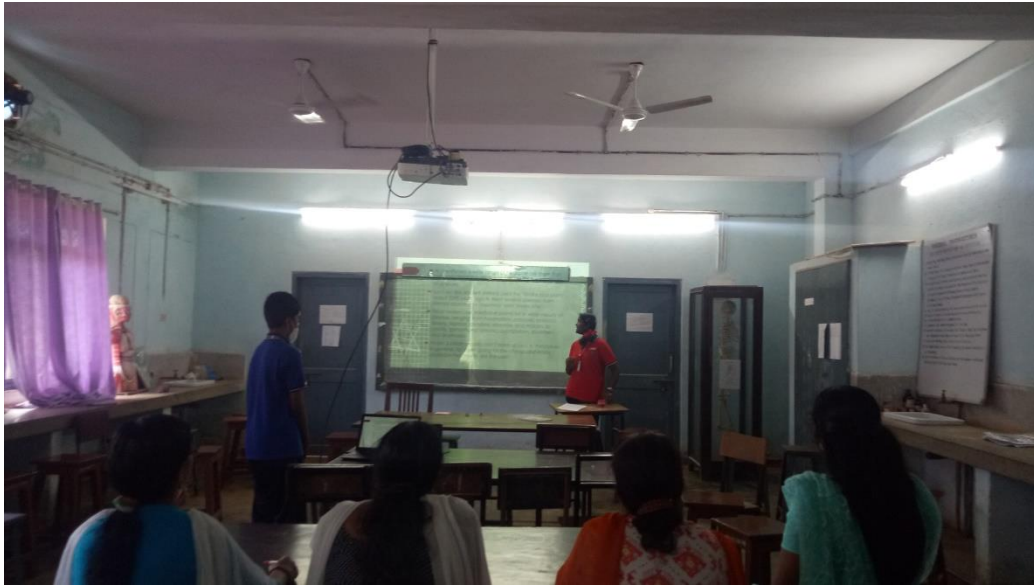
**This Project got selected for the Nationals and Nationals Open ( Ahmedabad)**

**National Level : Venue – KV Bangalore**  
**Open Nationals Venue : GUJCOST , Ahmedabad**



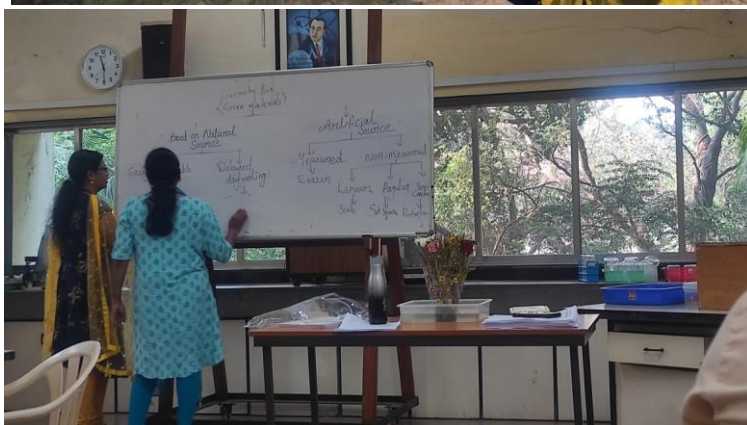






## VIGYAN PRATIBHA PROGRAMME

**Mrs.Sheeba.K.M (PGT Biology) attended the Vigyan Pratibha Workshop which was conducted in two spells (August & December,2022) in Homi Bhabha Institute,Mankhurd,Mumbai.**



**Proper Time table has been made and Vigyan Pratibha activity conducted in schools.It includes,**

Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

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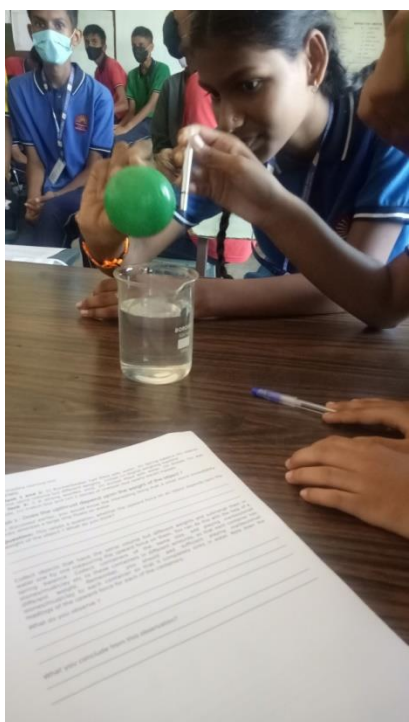


**14/11/2022 - 19/11/2022**

SL.NO	CLASS	LEARNING UNIT	INCHARGE
1	VII	Soil Analysis	Mrs.Sucheta (TGT Science)
2	VIII	Understanding the age of Adolescence	Mrs.Sheeba.K.M (PGT Biology)
3	IX	Evaporation	Mrs.Nisha Devi (PGT Chemistry)

**21/11/2022 - 26/11/2022**

SL.NO	CLASS	LEARNING UNIT	INCHARGE
1	VII	Twisting of Fibres	Mrs.Sucheta (TGT Science)
2	VIII	Looking through Microscope	Mrs.Sheeba.K.M (PGT Biology)
3	IX	Archemedes Principle	Mrs.Celesteena Sabu (PGT Physics)



Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

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**Active participation of students made the programme success.**

Co-ordinator : Mrs.Sheeba.K.M (PGT Biology)

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**SCHOOL INNOVATION AMBASSADOR**

**Mrs.Sheeba.K.M (PGT Biology) successfully completed the SIATP conducted by AICTE,CBSE and Innovation cell- Ministry of Education .She received the Innovative Ambassador Badge**



## HEALTH AND HYGIENE

### Stress Free-Anger Free Zone

Learn without tension-Learning by doing





## Health Check Up

Motivates students to do exercise regularly and regular Health check up.  
Organised the Health Check Up in Vidyalaya.

## Daily Exercise



## GUIDANCE AND COUNSELLING

As part of Career guidance, following activities were organized and conducted in Vidyalaya during the session 2022-23.

SL.NO	ACTIVITY	CLASS	DATE	DONE BY
1	Career guidance Counselling Cell	X	21-06-2022 to 30-06-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Priya.C.K (PGT Commerce)
2	Talk on ; (1) Career opportunities after Class XII (2) Stress Management	XII	27-07-2022	Mrs.Priya.C.K (PGT Commerce) Mrs.Nisha Devi (PGT Chemistry)
3	Talk on Career Opportunity in "Aviation-Aeronautical Science and Technology"	XI & XII	16-08-2022	Mr. Shailendra Mishra (Jt.Secretary,AESI Goa) Mr.Sumeet Sharma ( Activity Member,AESI,Goa) Mr.T.S.Rana (Activity Member,AESI,Goa)
4	Career in Shipping and Logistics	XII	Scheduled to conduct on 05/02/2023	Mr.Motilal Pednekar Professor,MES College,Goa



### COUNSELLING -2022-23

Students are also guided properly if any misbehavior actions observed in them. Motivated students to learn sincerely and score good marks.

The students were made to understand the right and wrong, if any body deviated code of conduct, they were counseled in such a way that, the students will think themselves and give the apologise letter (Attached in Discipline Committee Register)

SL.NO	Name of the student	CLASS	DATE	DONE BY
1	Pradeep	XII A	20-04-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Priya.C.K (PGT Commerce)
2	Pranshu	X	22-06-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Priya.C.K (PGT Commerce)
3	Gracy	X	24-06-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Priya.C.K (PGT Commerce)
4	Muskan	X	24-06-2022	Mrs.Sheeba.K.M (PGT Biology)
5	Mahesh	XII A	06-08-2022	Mrs.Sheeba.K.M (PGT Biology)
6	Shlok Sawant	X	06-08-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Priya.C.K (PGT Commerce)
7	Siddharth	VI	18-11-2022	Mrs.Sheeba.K.M (PGT Biology) Mrs.Sucheta (TGT Science)
8	Abdul Rahman	XII A	31-12-2022	Mr.C.B.Tiwari (PGT Hindi) Mrs.Sheeba.K.M (PGT Biology)

