

## **PM SHRI KENDRIYA VIDYALAYA NO.1 NAVAL BASE KOCHI**

### **PMSHRI ACTIVITIES for the year 2023**

#### **Expert Talk on Sustainable development**

Expert Talk on Sustainable development by Smt. Sindhu Augustine, Director Toy Forest. The programme was organised for the students of the senior classes. The programme had given awareness about the use of plush toys. She asserted her mission to provide an innovative selection of plush toys that evoke a sense of joy and connection to the world. She also pointed out her purpose to inspire creative thinking and imagination in every child through their product offerings.

She emphasised that her team would work hard to bring joy to children, while also being a responsible member of the toy-making community, by adhering to the highest standards of safety and sustainability. Toy forest would help in fostering meaningful relationships between customers and their plush toys.

#### **Awareness programme on Antimicrobial Resistance conducted by (CIFT) Kochi @CIFT Kochi**

Central Institute of Fisheries Technology (ICAR CIFT) hosted World Antimicrobial Awareness Week 2023 (WAAW 2023) with the theme "Preventing Antimicrobial Resistance Together" on 21.11. 2023. The students of our Vidyalaya got opportunity to visit the site and to receive first hand information from the staff of CIFT. It was pointed out that antimicrobial resistance is a concerning global health issue and the purpose is not to create antimicrobial resistance. Instead, efforts should focus on preventing the development and spread of resistance. It was reiterated that responsible use of antibiotics is crucial to combat AMR and protect public health. The sessions and the visit had made indelible imprints in the minds of our students.

**Awareness programme on DRUG ABUSE,  
by Surg. Lt. Cdr. Jishnu S Lalu, OIC, SHO on 21.11.2023**

The students of our Vidyalaya had got a fruitful session on how to prevent the spread of drug abuse in the society. Surg. Lt. Cdr. Jishnu S Lalu stated that increasing awareness on drug abuse would be crucial for prevention and intervention. He urged to Implement educational initiatives in schools, communities, and workplaces to inform people about the dangers of drug abuse. He asserted the importance to conduct workshops and seminars to educate individuals, families, and communities about the consequences of drug abuse. He informed that healthcare professionals who were well-informed about the signs of drug abuse and were equipped to provide appropriate guidance and support. He requested the students to work unanimously to stop the prevalence of drug abuse and its negative impact on individuals and society. It was really a fruitful session for the students.

**Life style and Mental Health awareness class by Navy officials**

The session was organised for students of class XI of our Vidyalaya. The guest speakers detailed the need of promoting lifestyle and mental health awareness which would be crucial for overall well-being. They urged us to implement educational programs in schools, workplaces, and communities to provide information about the link between lifestyle choices and mental health. They pointed out that students would utilize various media platforms to share information, stories, and resources that highlight the importance of a healthy lifestyle for mental well-being. The speaker suggested us to partner with healthcare professionals to disseminate accurate information about the impact of lifestyle on mental health and provide resources for support. He deliberated that by fostering awareness about the connection between lifestyle choices and mental well-being, we could contribute to creating a healthier and more supportive society.

**Visit to Central Marine Fisheries Research Institute Kochi (CMFRI)**

The students of our Vidyalaya got the celebrated opportunity to visit CMFRI. The students were able to visualise the working of the institute and received a great deal of information regarding its crucial role in the sustainable development of marine fisheries in India through scientific research and technological advancements. The staff of CMFRI briefed its policies aimed at conserving marine resources and ensuring the livelihoods of fishing communities. They narrated their importance of playing a crucial role in advising policy makers on sustainable fisheries

management practices. the session was informative for the students to enhance their knowledge in the field of marine resources.

### **Study Tour to Science and Technology Park Thrissur on 13th Nov**

A study tour was organised for the students of our Vidyalaya. Students of classes VII and VIII got the opportunity to visit the Science and Technology Park at Thrissur. The interactive session and the visit to various technological advancements arranged there was a worthwhile experience for the students.

### **Community Outreach Programme - Visit to Govt. Old age home, Thevara**

The student council members of our Vidyalaya were taken to the Govt Old Age Home as part of the community outreach programme. The students interacted with the inmates and presented some cultural programmes for them. The inmates also expressed their happiness by presenting programmes for the young minds.

### **Career guidance programme by Prof. (Dr. ) P V Joseph, H R Trainer & Rtd. Professor Maharajas college Ernakulam**

The interactive session was organised for the senior students to nurture their talents and pave the way for their development in the professional world. The session gave wide information about various opportunities which were unknown to many. The session disseminated the message that hardworking students would have lots of fresh paths through which they would be able to reach the zenith of their success.

### **Adolescence Education Programme –Adolescence Education Programme by Shri. Sarath Thenumoola, Director AYANIKA (Peoples Mental Health Initiative)**

The session was organized for the senior students of this Vidyalaya. He stated that creating a mental health initiative would involve developing programs and strategies to support mental well-being. This would include raising awareness, providing resources, and reducing stigma around mental health.

It was a fruitful interactive session. The speaker replied to one of the queries of a student that mental health refers to the overall well-being of an individual's emotional, psychological, and social state. He continued that it

would involve the ability to handle stress, maintain healthy relationships, make decisions, and cope with life's challenges

The students raised several points for which the answers always culminated in maintaining an emotional balance. He advised that a person should always need positive mindset, resilience, and the ability to cope with life's ups and downs.

### **Skill Education -Shri. Anu B S, HOD, Lecturer in Sculpture, RLV Fine Arts College Tripunithura.**

Skill education in sculpture was a hands-on experience organised for students of class VIII. They were trained in creating three-dimensional art pieces. The workshop was organised for two days. The students had experienced the use of various sculpting materials like clay, wood, metal, and stone. Techniques such as carving and modeling were taught to students. The students got proficiency in design, proportion, and aesthetics in the art of sculpture. It was a wonderful experience for the students to showcase their own talents or to identify their hidden talents and potentialities in the field of creating sculpture. He deliberated that sculpture, being a form of artistic expression, students should explore own creativity and experiment with different styles to develop own unique artistic voice.

### **INTER SCHOOL QUIZ COMPETITION ON CONSTITUTIONAL VALUES**

The interschool quiz competition was organized as part of Vidyalaya celebrating its Diamond Jubilee. Teams from six different schools participated in the competition. Choice Public School, Thripunithura and Chinmaya Vidyalaya, Vaduthala were the two school from outside the KVS, Ernakulam cluster. Teams from Choice Public School, Chinmaya Vidyalaya, KV, NAD Aluwa and venue KV reached the final round of four.

The quiz masters were Adv. Achyuth B Nandan, postgraduate student in Intellectual Property Law at the prestigious Indian Institute of Technology, Kharagpur and Shri. Kuttiachayan, TGT SST from KV, Kadavantra. The quiz programme was not only a competition but an informative session also. The questions were thought provoking as well as mind blowing. It helped us to deep delve into some of the unknown facts. The winners were awarded trophies and certificates.

Several more programmes are in the pipe line which will be conducted in the coming months.