

Knowing the Unknown!

One Day Orientation Program for School Students of Saandeevani Academy for Excellence

Introduction

Unless students locate their individual stand points in relation to the concepts represented in textbooks and relate their knowledge to their environment, knowledge is reduced to the level of mere information. To bridge this gap, there is a need for children to understand and appreciate our country's natural resources and learn how to conserve those resources for future generations through activities with scope for hands on experience, observation, experiments and outdoor learning is needed.

In this context, TDU developed one day interactive program Knowing the unknown!, which offers students an opportunity to learn the basics of plant morphology, conservation of plants, primary health care, life skills and preparation of home remedies.

Saandeevani Academy for Excellence is a progressive school inspired by the philosophy portrayed Gurudev Rabindranath Tagore. Saandeevani was founded by the Smt. Sarala Devi Kathuria Memorial Educational Trust, Bengaluru, in the year 2011. School objective is to have a positive influence on society by empowering individuals to do their best and reach their highest potential.

This one day orientation was organized on 13th August 2018 at TDU, Bangalore. The students had an opportunity to understand the basic of plant morphology, use of medicinal plants, gardening, life skills and primary health care.

Session Details:

Ms. Amrita G., Research scholar gave an overview of the activities of TDU and briefed the students on the schedule of the program.

Session 1: Life skills

Ms. Anu, delivered a session on Life Skills for the students with the fun activities. She asked them to note down the rules and regulations that will be followed throughout their life and explain to others so that it make them realize the importance of following rules in day to day life. She explained few skills that are very important for the students to understand and follow in life such as responsibility, respect, integrity and personality development. These skills were thought

to them based on activities through group discussions, speech, drama etc. Through activities they are more towards understanding the concept and realizing to have such skills to become a better person in life.



Session 2: Conservation through gardening

The participants then visited Ethnomedicinal garden of TDU campus, it has over 450 species of medicinal plants, and the nursery has mist chambers for propagation and shade houses with misting facility for special indoor plants. Ms. Nandini, Consultant, TDU explained them about the propagation and nursery techniques of some of the medicinal plants which are essential for sustenance of such species. She highlighted that each species has a unique nursery and propagation technique. She also taught how to identify plants by touch, sense of smell.



Session3: Primary Health Care

Dr. Subramanya Kumar, Assistant Professor defined primary health care and explained about the importance being healthy. He also showed some important remedies that are easily prepared at home to cure common diseases such as cold, fever, cough, indigestion, headache etc. few examples like usage of dry skin of pomegranate, stems of *Tinospora cordifolia*, leaves of *Centella asiatica*, *Ocimum tenuiflorum* etc were also mentioned. He demonstrated the preparation of face pack with the turmeric and *Aloe vera* which is used to cure acne, fungal infections etc. and also demonstrated the preparation of Kashaya with turmeric, pepper, water,

ginger and gaugry for common cold, cough and fever. Participants were enthusiastic to interact and ask more questions related to remedies to cure common health problems.



Session 4: Biodiversity and Conservation

Ms. Amrita G., Research scholar conducted activity which created awareness among the students on Biodiversity conservation. First activity was “Fish in the Pond”, where the children were asked to be like fishermen and harvest fish in a sustainable manner. This activity portrays how is management of resources



happens. How resource crunch occurs even though there is enough resource. The next activity was “Passing the Stick”, which created awareness on how it is each ones should take responsibility to pass on the natural resources to their next generation. Students were made to pass a long stick using only their forefingers. They found it very difficult to balance the stick and pass it on to the next person without proper coordination. Later they were explained as the stick representing the natural resources and each person representing a generation

Valedictory

The one day program ended with positive feedback from the students on each session and they also promised that they will start observing the plants around them and also apply the life skills in their daily routine.

List of Faculties:

1. Dr. M. Abdul Kareem, Associate Professor, TDU
2. Dr. Subramanya Kumar, Ayurvedic Physician and Assistant Professor, TDU
3. Ms. Nandini D., Consultant, TDU
4. Ms. Anu, Senior Research Fellow, TDU
5. Ms. Amrita G., Research Fellow, TDU

List of school teachers

1. Ms. Lathika P.
2. Ms. Ritu Arora
3. Mr. V.V. Jiju Philip
4. Dr. Suganthi Narayanan

List of students

Sl. No.	Name of the students
1.	Kishen B
2.	Ahir Baabharjung
3.	Saaketharam K.
4.	Junaid Shariff
5.	Krrish Nair
6.	Athul Palamittam
7.	Suhas
8.	Akshay
9.	Dharshan HN
10.	Anant
11.	Ruthu Vasanth
12.	Bhuvana V. Sharma
13.	Shrujana H.S.
14.	Poorvi A.V.
15.	Gahana R.
16.	Panchami
17.	Gayana S.
18.	Lazeena Sherif
19.	Mahima S.
20.	Latha A.C.
21.	Anuradhasree K.
22.	Kushal R.
23.	Janavi
24.	Advaith
25.	Anugrah J.J.