

Report of Activities under Swachh Bharat Student Internship 2023

SBSI 2023 FINAL PROJECT REPORT



Submitted by

Lakshmi Naresh Chavan [L]

Sreejal Shirodkar

Ronita Naik

Urvi Shet Kurtarkar

Muriel Jensine Fernandes

Scarlett Pires

Enoshka Martins

Pratik Gaude

Saeel Kakodkar

Manish Mandrekar

Under guidance of

Dr. Bhanudas Naik

Assistant Professor

Ms. Shubhlaxmi Naik

Assistant Professor

DCT's Dhempe College of Arts and Science, Miramar, Panjim-Goa


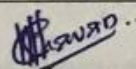
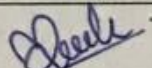
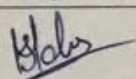
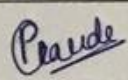
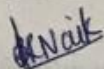
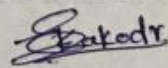
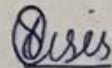
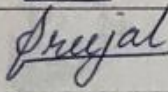

2022-23



DECLARATION

We have carried out the SBSI 2022-23 Internship under the guidance of –Dr. Bhanudas Naik (Assistant Professor, DCT's Dhempe College of Arts and Science) and Ms. Shubhlaxmi Naik (Assistant Professor, DCT's Dhempe College of Arts and Science).

The contents of this report are original and are reporting the 100 hours of work carried out by us during this internship.

Registration Number	Name	Signature
201900193	Enoshka Martins	
201902223	Lakshmi Naresh Chavan	
201905852	Manish Mandrekar	
201901693	Muriel Jensine Fernandes	
201905583	Pratik Gaude	
20902218	Ronita Naik	
201911476	Saeel Kakodkar	
201901687	Scarlett Pires	
201902264	Sreejal Shirodkar	
201905614	Urvi Shet Kurtarkar	

CERTIFICATE

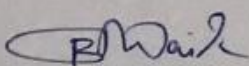
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201902264	Sreejal Shirodkar
201905614	Urvi Shet Kurtarkar

This is to certify that the following SBSI 2022-23 interns have satisfactorily completed 100 hours of activities related to Swachhata.

During this internship period, it was noticed that the interns acquired and enhanced the following skills:

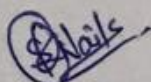
1. Leadership skills
2. Communication skills
3. Interpersonal skills
4. Environmental preservation skills.

This report is being submitted to SBSI, University Nodal Officer, in partial fulfilment for the completion of the SBSI Course during the academic year 2022-2023.



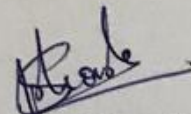
Dr. Bhairudas Naik

(SBSI Mentor)



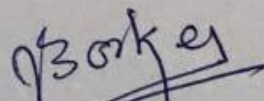
Ms. Shubhlaxmi Naik

(SBSI Mentor)



Dr. Shilpa Bhonsle

(SBSI Co-ordinator)



Prof. Vrinda Borker

(Principal)

DCT's Dhempe College of Arts and Science, Miramar, Panjim-Goa

ACKNOWLEDGEMENT

We would like to thank our SBSI mentors Dr. Bhanudas Naik and Ms. Shubhlaxmi Naik for their constant guidance and support. We would also like to thank our SBSI Co-ordinator Dr. Shilpa Bhonsle for their directions for this work. We extend our sincere gratitude to our Principal Prof. Vrinda Borker, for her support throughout this internship. We also express our deepest gratitude to our family and friends for their unfailing support and continuous encouragement.

CONTENTS

Introduction

Swachhata and Motivation for registering for SBSI Course

Cleanliness is not limited to any person or place; it is the responsibility of everyone to clean themselves as well as their surroundings to really make India a clean India in the near future. It is a combined responsibility of 1.4 billion people living in this country. As rightly said by the father of our Nation, "Sanitation is more important than independence." Mahatma Gandhi who did not only dream of making this country a clean India but also made cleanliness and sanitation an, integral part of the Gandhian way of living, has been the strongest incentive of our SBSI activities. We are also thankful to the Government of India Initiative of Swachh Bharat Abhiyan to work on the vision of the father of the nation, to launch the cleanliness campaign.

The aim of our SBSI activities convey cleanliness message to the people in order to present this country as an ideal country before the world. The mission has targeted aims like eliminating the open defecation, converting insanitary toilets into pour flush toilets, eradicating manual scavenging, complete disposal and reuse of solid and liquid wastes and introducing educational programs to the underprivileged strata of society.

Themes /Activities selected for work

The following social work activities were planned in the project, which includes themes such as

Waste Management (Campus), Sanitation & Hygiene (Adopted/Community), Education Outreach (Campus), Sanitation & Hygiene (Community / Adopted Village. Activities planned were various workshops on personal hygiene, upcycling and recycling of waste materials, mushroom cultivation etc. Cleanliness and maintenance of the Campus garden were looked after. In total 100 hrs of social activities were planned.

Sr. No	Theme	Activity	Place	Estimated Time
1	Waste Management (Campus)	Reduction in waste, month-on-month	Miramar	20
2	Waste Management (Community/adopted village)	Create awareness on waste management	Merces	20
3	Greenery (Campus)	Landscaping	Miramar	20
4	Education Outreach (Campus)	Hands on training on creating scientific exhibits/experiments and showcasing their significance in daily life	Miramar	20
5	Sanitation & Hygiene (Community / Adopted Village)	Personal Hygiene	Merces	20
Total				100

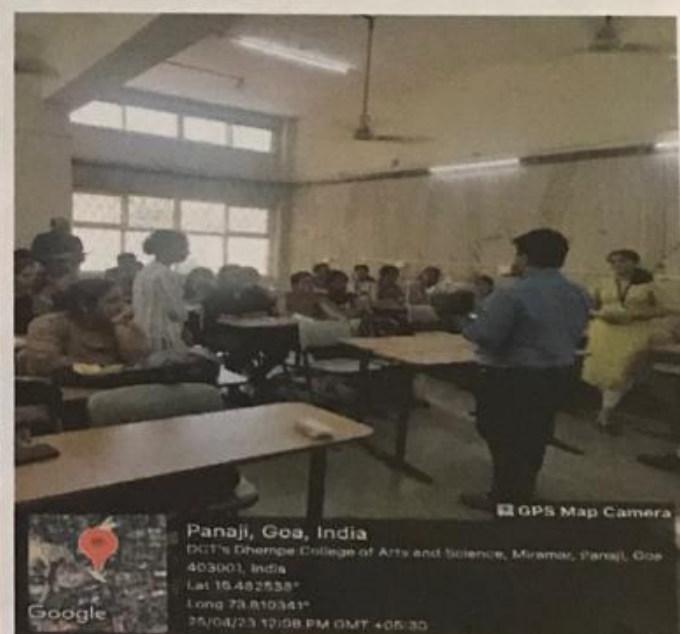
1. Theme: Waste Management (Campus)

Activity: Workshop on Waste Management and demonstration on mushroom cultivation.

Place: Miramar, Panjim-Goa

Hours: 20

Under the guidance of mentors, interns of SBSI conducted workshop for the students on "Waste Management and Mushroom cultivation" on 25th April 2023. The resource persons were Dr. Milind M. Naik, Assistant Professor, School of Biological Sciences and Biotechnology, Goa University, Taleigao Plateau, Goa and Dr. Diptesh G. Naik, Assistant Professor, School of Chemical Sciences, Goa University, Taleigao Plateau, Goa. The workshop focussed on mushroom cultivation using waste materials. The objective of this workshop was to inculcate skills like ideation, teamwork, collaboration, time management, planning, goal-setting in students which are crucial to entrepreneurship. They also put forward a sustainable approach towards opportunities in mushroom cultivation.



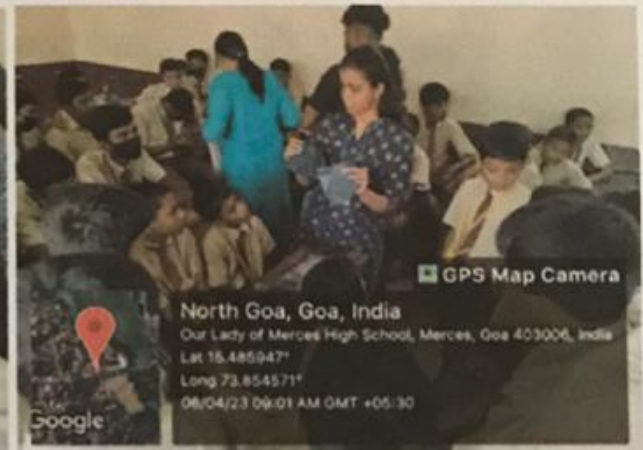
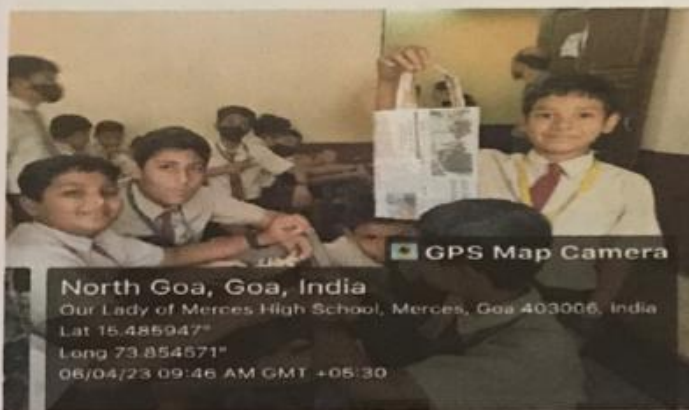
2. Theme: Waste Management (Adopted Village/Community)

Activity: Best Out of Waste hands on Workshop for school children

Place: Mercês, Goa

Hours: 20

The SBSI interns conducted a workshop on upcycling of waste materials at Our Lady of Mercês, High School as a part of Swachh Bharat Student Internship on 6th April 2023. They brought creative ideas into work by making best use of the waste and also made an awareness on harmful effects of plastic waste and their impact on environment and importance of recycling the plastic. The objective was to help the students understand the need for waste management and how to reduce waste.



3. Theme: Greenery (Campus)

Activity: Gardening / Landscaping

Place: Miramar, Panjim-Goa

Hours: 20

The SBSI interns conducted a gardening activity under the guidance of our mentors and Dr. Ashish Prabhudesai, Asst. Professor, Dept. of Botany.

The activity included weeding the garden, planting lawn, watering the plants and removing all the waste materials such as plastic, papers, dried leaves etc. from the garden.



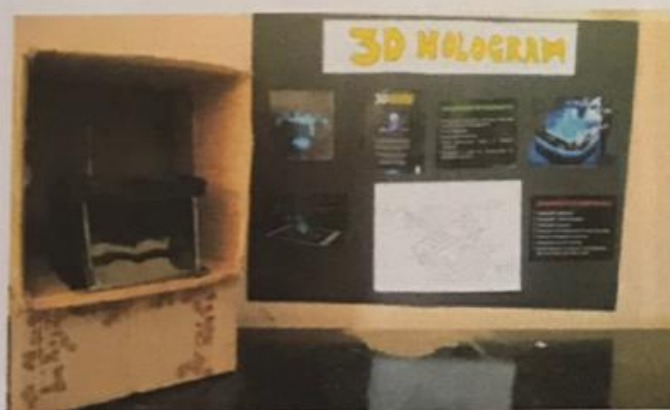
4. Theme: Education Outreach (Campus)

Activity: Hands on training on creating scientific exhibits/experiments and showcasing their significance in daily life

Place: Miramar, Panjim-Goa

Hours: 20

The SBSI Interns demonstrated various Science projects and experiments like performed various chemistry experiments like non-Newtonian fluids, 3D Hologram model, natural pH indicators, Intermolecular forces experiment, electrolysis of water, Non-Newtonian Fluids etc. at the Science exhibition conducted by DCT's Dhempe College of Arts and Science.



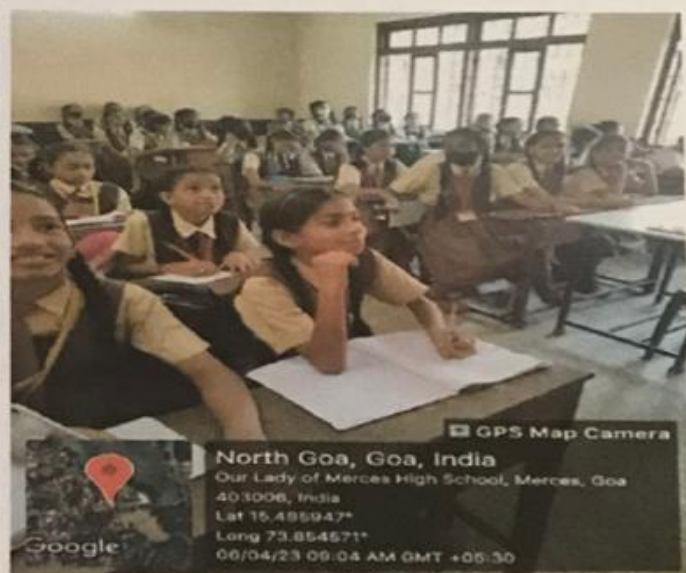
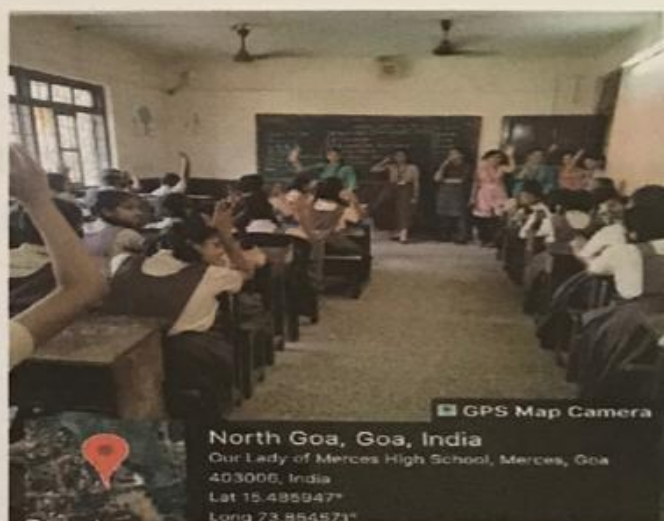
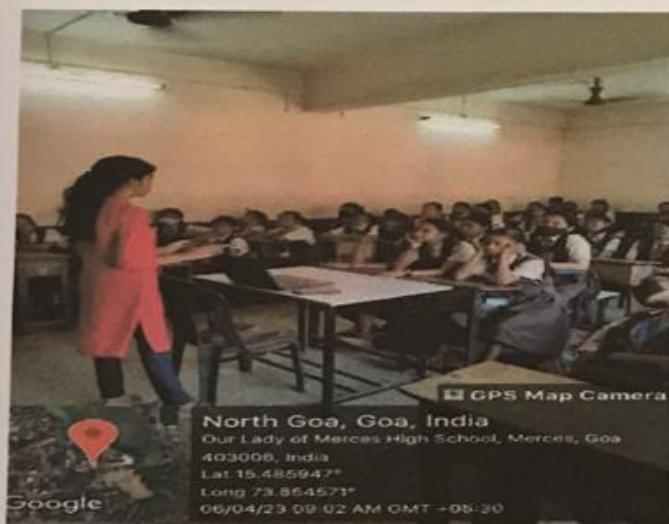
5. Theme: Sanitation & Hygiene (Adopted Village/Community)

Activity: Talk on menstrual hygiene and sanitary waste disposal for school girls

Place: Mercers, Goa

Hours: 20

SBSI interns conducted an awareness camp on menstrual hygiene for secondary school girls at Our Lady of Mercers High School as a part of Swachh Bharat Student Internship activity on 6th April 2023. The objective was to create awareness on importance of menstrual hygiene and impact of improper disposal on the environment and health. Students covered topics like how to deal with menstrual pain, menstrual hygiene, proper use and disposal of sanitary products and what are the different period products used during the menses. They made the students aware of green alternatives for waste producing sanitary pads such as tampons, reusable cloth, menstrual cups etc. They also conducted activities for better understanding of the message.



Impact / Takeaways of the SBSI 2023 course:

During this internship period, SBSI the interns acquired and enhanced the following skills:

1. Leadership skills
2. Communication skills
3. Interpersonal skills
4. Environmental preservation
5. Teamwork
6. Time management
7. Organisation skills

The SBSI internship has not only helped us comprehend the significance of cleanliness but has also helped us inculcate a sense of responsibility and our duty towards the nation as the youth. We were able to come up with ideas so as to bring about awareness amongst people on proper personal and community hygiene, to help people acknowledge the importance of an improved quality of life. We were able learn new approaches such as scientific management of solid and liquid waste.