

Waves of Change (WOC): Theme-wise activities

Theme 1: Health, Wellness and Sanitation

→ Compulsory Activities:

- All participating schools should get the Online National School Sanitation Rating done for their schools to check if they are a "Health Promoting School" (HPS).
- Sanitation Task Force (STF) formation by each school: Lead to be taken by the Health and Wellness Clubs.
- Declaration of School Sanitation Action Plan for the event as well as for the year, along with clearly defined time line and its submission online to CBSE.
- Perform the compulsory activities on the Theme Day as prescribed by the CNGSKD Cell.

→ Awareness raising for attitudinal and behavioural change:

- Special thematic assemblies- Principal or designated teacher to brief the students about the theme and the School Sanitation Action Plan.
- Download the sanitation related posters from the website and paste them at appropriate places/may get them distributed among the children.
- School Cleanliness Drive: Award(s) to 'Clean classrooms'.

→ Schools will try to understand and introduce the following, if possible, in their premises:-

- Bio- Dynamic Waste Segregation.
- Taking steps for Water Conservation in Sanitation Practices -
 - Waterless Urinals.
 - Minimization of Water wastage through Cisterns.
 - Water Harvesting Structures.
- Highlighting Sanitation Ambassadors in Indian History.

→ Schools can use a Few Technological Options

- Waterless Urinals.
- Zero discharge System.

→ Important Points

- Activities can be divided class-wise.
- Parents can be involved as resources.
- Follow-up activities after the event must be scheduled for a period of time.
- The CBSE revised School Health Manuals Vol. I-IV may be referred to while selecting the activities.

Some more suggestive activities:

1. Awareness campaign: (may start a week before the main Event):

- Special Thematic Assemblies.
- Slogan March.
- Awareness Posters on school notice board.
- Discussions in Zero periods on the purpose and ideology behind 'Waves of Change'.
- Wall Newspapers.
- Pre event checklist- Are we a 'Health Promoting School'?

2. Main Activities:

- Class Bulletin board competition.
- Cleanliness Drive.
- Talks and Walks (resource persons and students can visit sites where good practices are being followed etc.).
- Health and Wellness Camp.
- Pledge and Signature Campaign.
- Lecture-demonstrations by health professionals.
- Email Campaign.
- Facebook Page (Awareness Campaign).
- Performing Art Activities - Songs, Poems, Dance, Skits, Nukkad Nataks.
- Visual Art Activities - Poster Making, Best out of Waste, Bookmark making.
- Literary Activities - Letter to the Editor, Debate, Extempore, Poetry writing, Interviews, Jingle making competition, Wall Newspaper.

Theme 2: National Talent Hunt

- **PSA to be conducted by CBSE (IX and XI)** – It is widely acknowledged that research and analytical skills; problem solving in Mathematics and Science; comprehension and analysis of written texts; and, effective communication are the skills which ensure success in Higher Studies and Professional areas. It is with these considerations in mind that CBSE is planning to initiate a **Problem Solving Test (PST)** for students in Classes IX and XI (vide (Cir. No. Acad-40/2012 and 41/2012 dated 01.08.2012, respectively). These skills will be assessed on the following domains:
 - **Quantitative**, which includes the kinds of reasoning found in Mathematics, Science, and Technology;
 - **Qualitative**, which includes the reasoning seen in the Humanities, Arts, and Social Sciences;
 - **Written Expression**, which includes different aspects of written communication (e.g., grammar, vocabulary, etc.).
- The **National Talent Hunt competition** would be held in the areas mentioned below. The top 100 students in each of the following fields would be selected and rewarded with certificates and prizes. Schools are requested to send us video bytes (not more than two minutes)/photos of outstanding talent wherever required on a CD or these can be uploaded on the school sanitation website (www.schoolsanitation.com).
- Schools can participate in 03 groups – Primary, Middle and Senior:
 - 1. Business Skills:**
 - Earn while learn – Students using their entrepreneurial talent to earn.
 - Innovative Solutions.
 - 2. Performing Arts: (Indian, Western and Folk) (max. 2 entries per school in each of the following categories-both individual and group- group size ≤ 10 students):**
 - Acting/ Theatre/ Street Plays (Nukkad Nataks).
 - Singing.
 - Instrumental.
 - Dancing and choreography.
 - Mime.
 - Puppetry and shadow art.
 - 3. Life Skills: Communication Skills (English, Hindi and one local language) (max. 2 entries per school in each of the following categories):**
 - Writing – poetry, prose, drama, journalistic etc.
 - Declamation and public speaking.
 - 4. Visual and Applied Arts (max. 2 names per school in each of the following categories):**
 - Painting.
 - Sculptors.
 - Photography and film making.
 - Graphic designing (book cover, posters, ad design, etc.).
 - Illustration/cartooning.
 - Crafts and folk arts.

The Process:

- Each school can send max. 02 entries for each sub-category.
- The entries must be in the form of a video recording, written piece (for section 3 only) or photograph. Each entry must carry the name of the student, age, class, school and gender and the category under which the application is made (e.g. if the student is applying for mime the entry should mention the category i.e. mime).
- Each entry must adhere to the criteria mentioned above i.e. Video bytes (not more than two minutes)/photos of outstanding talent wherever required – size of the file to be mentioned (xx MB), not more than 5 photographs (total 1 MB) or 500 words.
- Each entry must carry an authentication/originality certificate that must be ratified by the school principal.

Note: For Operational details and assessment criteria, please refer to the school sanitation website (www.schoolsanitation.com).

Any kind of malpractice will lead to disqualification of the school.

Selection:

- Schools can decide their criteria for each category and send the entry (*submission of entries will be in the form of CDs or uploading of the content on the school sanitation website– www.schoolsanitation.com*).
- First level screening is required especially for authenticity (for *Visual/Applied art –actual piece will be called at an appropriate level*).
- Panels of judges at two levels will be formed for each category.
- 125 finalists will be called for actual performance at the final forum.
- **Top 100 performers would be selected by a Jury of eminent experts. Winners will be awarded at a function at a designated venue.**
- **Incentives/Awards and Rewards for the winners.**

Some more suggestive activities:

- **Street plays:** Changing values, Dignity of labour, Girl child, Blood donation, eye donation, Road safety, Corruption, National Integration.
- **Extempore/Talk Show/Debates-intra class:** Right to Education Act, Right to Information Act-success/failure, The cure for everything is world without barriers, Agricultural India was more progressive than Technological India.
- **Choir songs:** Physical Fitness, National Integration, Song on your own city (multi lingual songs).
- **Poster making** (can be done on school walls/compound walls): Values, Changing values, Dignity of labour, Girl child, Blood donation, Eye donation, Road safety, Corruption.
- **Performing arts:** Dances/Puppet show: water, girl child, peace, five elements etc.

Theme 3: Environment, Culture and Heritage

❖ The Schools should constitute an Environment and Heritage Task Force to take up the activities. Some suggestive activities for this Task Force are:

- The Task Force can find out some oldest/biggest trees in an around their school and take their girth at 1.37meters from the ground (technically called “breast height”), find their botanical name and put on a board. Study their leaves, bark and fruits.
- Make a trip to a heritage place in your city. Write about its real time condition.
- Plant trees in July and August. Grow winter flowers in the right season. Grow Herbs, Medicinal and Aromatic plants.
- Prepare an inventory of trees in and around your school area in the given format.

❖ Create Heritage Club in the school. Make a calendar of the activities.

❖ Creating CBSE History (and Infrastructure): The schools which have more than 50 years old (buildings/Campus) can list themselves as part of CBSE History.

- Write a paragraph of 500 words about your school building/campus. You may also add 3-4 photographs.

❖ Creation and Conservation of Green Spaces in the Schools

- Plantation of Medicinal and Aromatic Plants by school students: This can be done in August-September 2012 during rains. If possible this year, else next year.

❖ Schools to do project on Home Sparrow and take necessary action as advised by CNGSKD Cell for Saving the Home Sparrow in the Cities. Some suggestive actions:

- Take steps to save the sparrow
 - Have you noticed any sparrow or bird?
 - Try to take their photos and identify them
 - Declare one bird as your school bird/ one animal as your school animal and write about it.

❖ The schools can form a Nature/Wildlife Society. Some suggested activities:

- Have you seen mongoose, etc or any other animal in/around your school apart from dogs? Note their names, try to take photos and send them to us.
- Organize a wildlife/trees photography competition in the school. Three entries from each school will be uploaded on the website

Theme 4: Competitive Sports (and National Talent Hunt in Sports)

❖ Schools to form a Thematic Task Force as explained earlier for chalking up an implementation plan

❖ The schools would be encouraged to participate in the CBSE inter school Sports and Games competitions which are organized at the Cluster, Zonal and National levels. At present the CBSE inter school Sports and Games competition is being organized in 16 disciplines viz. Athletics, Badminton, Basketball, Carrom, Chess, Football, Handball, Hockey, Judo, Kho-Kho, Skating, Swimming, Table Tennis, Taekwondo, Tennis and Volleyball. The Sports Calendar has been declared by CBS vide its circular no. Acad-37/2012 dtd. 19/07/2012

❖ National Talent Hunt in sports:

- The top 100 students in each of the following fields would be selected:
 - **Talented Players – Team sports including Cricket** (limited to 3 team sports per school: entries and names to be decided by schools – max 6 names).
 - **Athletics and individual sports** (max. 6 names per school).
 - **Martial Arts** (max. 2 names).
 - **Sports journalists and commentators** (max. 1 entry each per school).

- Schools are requested to send us video bytes online (not more than two minutes)/photos of outstanding talent.
- Process will remain the same as explained earlier.

❖ **Pristine Cup Celebrity Day and Night T 20/Football Match.**

Theme 5: Ideas and Innovations

Schools to form a Thematic Task Force as explained earlier for chalking up an implementation plan.

Suggested activities:

❖ **Libraries for All**

- In order to enable the libraries to issue books (including text books) to all the needy ones.
- Schools to raise conscience of their students for understanding the value of books so that they can:
 - voluntarily donate last years' books.
 - learn to keep their books in good condition.
- Students can also donate any other books of relevance which then could be collected by the Regional Offices of CBSE/or any other suitable agency.
- Inventory to be made by the Regional office of the CBSE/ or any other suitable agency.
- Schools will inform the CNGSKD cell through email (neetaswoc@gmail.com) the details of the books and the names of the students donating the books.
- Awards to be given to leading schools.

❖ **Providing real opportunities to excel to the Students, Teachers and the School to excel in different fields**

Over the years, CBSE has grown into an institution of excellence and under it a very talented pool of school students exist which need to be harnessed at a young age by giving them due recognition. So, WOC opens a new window for such differently talented students.

❖ **Promoting the entrepreneurial attitude as well as development and sharpening of skills in the individual areas of interest for the students thereby enhancing the possibilities of creating viable career options.**

❖ **Development of entrepreneurship skills and creating self-funding/earning scholarship opportunities for the school students.**

- Strengthening Entrepreneurship and Vocational Education.
- Alternative employment by exploring new ideas through CBSE, NIESBUD and GIZ.
- Launch of some innovative projects by selected schools.

❖ **Disaster Management and Disaster Preparedness**

- NIDM to issue guidelines for the schools to follow.
- Schools to participate in the Disaster Management drills.
- Awareness Generation Activities to be reinforced.

Some more suggestive activities:

- Book Reading Activity – Book reading by Author, Teacher, Students.
- Meet the author.
- Story making, enactment, dance, puppets, puzzles, quiz to create awareness to students about social issues.
- Community service – support old age homes, differently-abled children, visually challenged children.
- Support/Handholding a less privileged school in any of the 5 themes by a school or NIESBUD.
- Cleanliness drive in slums.
- Improvisation and enhancement of participation in non-competitive sports e.g. participation in school marathon/half marathon /quarter marathon.
- Innovative activities in any of the above four themes.
- Any other innovative activity by the school in Scholastic and Co-scholastic areas.