

SBSI 2023 FINAL PROJECT REPORT



**Under the guidance of
Ms. Sanika Gaonkar
Assistant Professor
Discipline of Konkani
Shenoi Goembab School of
Languages and Literature
Goa University
2022-2023**

DECLARATION

I have carried out the SBSI 2023 Internship under the guidance of Ms. Sanika Gaonkar (Mentor) and Ms. Soniya Gadkar (Co-ordinator), Shenoi Goembab School of Languages and Literature, Discipline of Konkani, Goa University.

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

NAME	ROLL NO.	SIGN
Sneta Morajkar	21P018031	
Ashalata Navelkar	21P018040	
Andria Fernandes	21P018011	
Prajakta Polle	21P018044	
Karishma Tate	21P018056	
Akanksha Bicholkar	21P018006	

CERTIFICATE

This is to certify that the following SBSI 2023 Interns Ms. Snetta Morajkar (21P018031), Ms. Ashalata Navelkar (21P018040), Ms. Andria Fernandes (21P018011), Ms. Prajakta Polle (21P018044), Ms. Akanksha Bicholkar (21P018006), Ms. Karishma Tate (21P018056) has 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. The skill of perseverance & communication was developed.
2. Evolved to be optimistic.
3. Emerged to be a responsible and confident individual.
4. Used creativity to bring about a positive awareness in the society.
5. Learned to tackle various social issues.
6. Learned the true meaning of teamwork and group as a whole.
7. Discussion and planning made us to come up with new creative ideas.

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

Ms. Sanika Gaonkar

SBSI Mentor

Ms. Soniya Gadkar

SBSI Co-ordinator

Dr. Hanumant C. Chopdekar

Programme Director, Discipline of Konkani

Goa University

ACKNOWLEDGEMENT

“ALONE WE CAN DO SO LITTLE ; TOGETHER WE CAN DO SO MUCH.”

– HELEN KELLER

‘Spirit’ is the essential thing that we needed along with our willpower to accomplish our SBSI journey and we want to express our deep gratitude to everyone who filled us with tremendous spirit. Without which, we certainly would not have been able to complete this beautiful journey called ‘Eakvaat’ under SBSI.

We owe our sincere gratitude to our Shenoi Goembab School of Languages and Literature, Dean Dr. Anuradha Waglee and our Vice Dean Dr. Vrushali Mandrekar, Academic Vice Dean, Dr. Prakash Parienkar, Research Vice Dean my gratitude to Dr .Hanumant C. Chopdekar, Programme Director of the Konkani Discipline, for providing us with the resources and permission we needed to carry out our activities. We also wish to thank Ms. Kripali Naik for her insightful thoughts and advice.

We would even like to thank the women’s self-help group from Bicholim, Mapusa and Ponda, for permitting us to organize a talk on Menstrual Hygiene. Our sincere gratitude to the Anganwadi Incharge Ms. Bharti Naik, Tambdimati, Taleigao and Ms. Rakshanda Malik, Lakherem, Bicholim for allowing us to talk to the children about Personal Hygiene and how to keep themselves clean. We are even thankful to Ms. Maya Naik, Headmistress of Government Primary \\\School, Mardol, Ponda for allowing us to give a talk on Personal Hygiene for the students from 1st to 4th standard.

We would like to thank all our Instagram followers and our constant supporters for always being there for us and always supporting us whenever we needed them. We would even like to thank all our friends and classmates who always supported us and shared our activities on social media platforms. We would even like to thank Ms. Maya Naik (Women's Hostel Clerk) and all the staff of women's hostel for allowing us to use hostel premises for our SBSI work.

We would forever be thankful to Goa University for including such an impactful 'Swachh Bharat Students Internship' Programme into our credits. It's not just a paper, instead it's a movement for all those who connect with the environment and love nature, which was also the sole reason for us to take this paper. This paper helped us to be better human beings and to take care of nature as we take care of your loved ones.

At the end, we express our gratitude to everyone who has supported and inspired us throughout. Words are inadequate to express our gratitude to everyone who supported us and understood us when we were struggling to finish our task. Last but not least, we wish to express our gratitude to one another for cooperating well and providing invaluable support to each other.

INDEX

SR.NO	Name of the activities	HOURS	PG. NO.	TR. SIGN
1	Sanitation & Hygiene	39 hrs.	10	
1.1	Personal hygiene for children	8 hrs	11	
1.2	Menstrual Hygiene for Women	15 hrs	13	
1.3	Save water for Sanitation	5 hrs	15	
1.4	Objectives on Personal Hygiene Water Sanitation and Menstrual Hygiene Awareness	1.5 hrs	18	
1.5	Outcome of this activities	1.5 hrs	19	
1.6	Cleanliness	8 hrs	20	
2	Greenery	15 hrs	23	
2.1	Medicinal Plants	2.5 hrs	25	
2.2	Flower Plants and Show Plants	2.5 hrs	26	

2.3	Making of Seed Bombs	7 hrs	27	
2.4	Objective of the Activity	1.5 hrs	29	
2.5	Outcome of the Activity	1.5 hrs	30	
3	Energy Management	8 hrs	32	
3.1	Objective of the Activity	1.5 hrs	34	
3.2	Outcome of the Activity	1.5 hrs	34	
4	Waste Management	40	35	
4.1	Glass Items (Bottles and Jars)	8 hrs	36	
4.2	Plastic Items	5 hrs	37	
4.3	Coconut Shells	10 hrs	39	
4.4	Broken Clay Cups and Plates, Mud Cups	4 hrs	40	
4.5	Cardboard and Ice-Cream Sticks	5 hrs	41	
4.6	Old Material (Saree and Paper)	5 hrs	42	
4.7	Tabla	2 hrs	43	

4.8	Objective of the Activity	1 hrs	44	
4.9	Outcome of the Activity	1 hrs	44	
5	Report making and discussion	6 hrs		
5.1	Conclusion	6 hrs	47	

SANITATION

AND

HYGEINE



A person's total well-being is referred to as their health, which includes not only their physical condition but also their mental and social well-being. Physical fitness is the absence of diseases and the physical conditions and state of health. A person's psychological well-being, which is free from mental illness and has good cognitive health, is referred to as their mental health. A person's capacity to create and maintain relationships in their lives is referred to as their social well-being. The World Health Organization expands on this definition by adding that health includes both the means of supporting daily life and the goal of living. Good health is the state of being physically and mentally healthy.

Health and hygiene go hand in hand. In order to maintain our health, we practise hygiene. These practises emphasise the need of cleanliness, a clean environment, and a balanced food for the body. Social and personal cleanliness also contribute to the defence of our bodies against disease. Healthy living and proper cleanliness are necessary for developing a strong immune system.

Pure drinking water helps our bodies to work properly and removes contaminants while keeping us hydrated. Many diseases are brought on by unclean, untreated water. Water can be made fit for drinking by adding purifying agents or heating it to a boil.

Health and hygiene were one of the main activities under SBSI, which we as a group considered to be a very important topic. We tried our best to spread awareness regarding how to take care of our health and hygiene.

Under health and hygiene, we have covered two topics. Following are the details:

Personal hygiene for children



It's part of good personal hygiene to wash your body every day. Following a toilet visit, wash your hands with soap, twice daily tooth brushing. When you cough or sneeze, cover your mouth and nose with a tissue (or your sleeve).

Early on, parents need to teach their kids the importance of personal cleanliness. According to the Center for Disease Control and Prevention (CDC), keeping good hygiene and routinely washing the body parts can help avoid a number of diseases and ailments.

We made a PowerPoint presentation in English and even translated it into Konkani so that the children could understand it more comfortably and in a way that our aim would be fulfilled. On 4th April 2023, in Anganwadi, TambdiMati, Taleigao, and on 11th April 2023, in Mardol, Ponda, respectively, a brief personal hygiene awareness programme was held. In order to preserve excellent health and a better personality in a society, this session seeks to highlight the significance of maintaining good personal hygiene and illustrating the

significance of thorough cleaning. We made them aware of what is meant by health and personal hygiene. Also, we told them why it is necessary to keep our surrounding clean and how to maintain their personal hygiene properly.

Along with the personal hygiene talk, we gave children basic information on COVID-19. During our talk, we demonstrated to them how to wash their hands by following the seven steps. Then we asked them to come forward and show how to wash hands; willingly, many hands came up. So we asked one of the student to come forward and show those steps. Children actively participated in the interaction.

Personal hygiene is crucial for a variety of reasons, including improved personality, excellent health, social reasons, and psychological concerns. Maintaining good hygiene helps one's reputation in society. Stressing proper personal hygiene can lower the risk of numerous social, emotional, and physical issues. Hand washing is an easy way to practice good personal hygiene and can help prevent illnesses, infections, and problems. In a social setting, maintaining a tidy appearance can increase one's confidence and help others to form favourable impressions of the person.



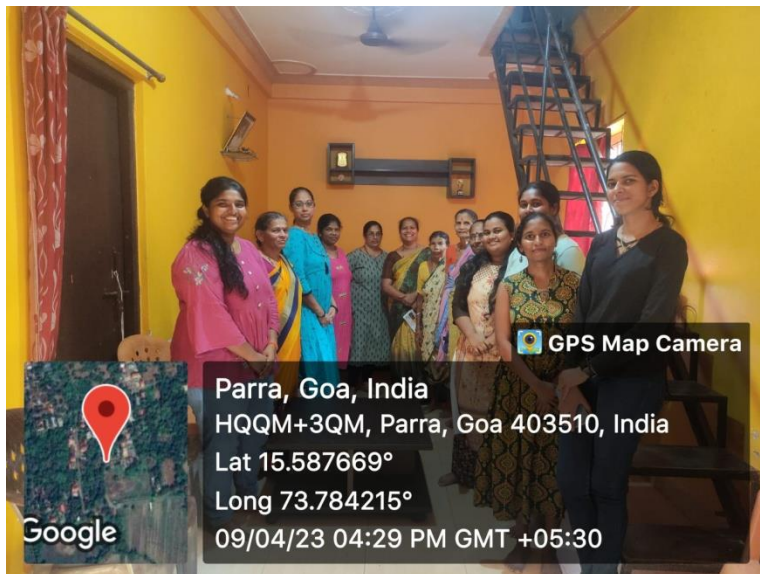
Menstrual Hygiene for Women.



The idea of keeping the body clean while a woman is menstruating is known as menstrual hygiene. Basic amenities are needed, such as suitable clothing, absorbent materials, water, soap, and private restrooms. Poor menstrual hygiene can cause minor issues like perineal itchiness or rashes, unpleasant odors, as well as more serious issues including pelvic inflammatory disease and toxic shock syndrome. During conception and pregnancy, women can also experience associated difficulties. Some of the Millennium Development Goals are claimed to be made more difficult to attain when menstrual hygiene issues go unresolved.

We contacted a few women's self-help groups from the villages of Bicholim, Mapusa, and Ponda to conduct sessions on menstrual hygiene. We prepared a PowerPoint presentation on menstrual hygiene in Konkani so that they would understand the things that we wanted to convey easily and in much better ways. These sessions were held on 8th, 9th and 11th April 2023.

Women shared their personal experiences about how they felt when they had their period for the first time. Most of them didn't know the proper process of menstruation. They have different terms for periods, like *Kavlo Afodlo*, *Bhashte Javap*, *Tamat Futle*, *Bhayreche*, *Aafad Date*, etc. Most of the people in the villages follow strict myths related to menstruation.



We interacted with women related to keeping themselves clean during menstruation, maintaining proper diet and also on menopause. Menopause is a natural biological process. However, menopause's physical and mental symptoms, such as hot flashes, might cause sleep disturbances, low energy levels or emotional health issues. Most of the time, women are not aware of changes happening to their bodies. So we took this opportunity to make them understand what menopause is all about and how to deal with these changes.

Products that are used during periods are sanitary napkins, cloth, menstrual cups, tampons, reusable panties or pads. Most of them are comfortable using sanitary napkins, but they didn't know how to dispose used napkins in a proper manner. So we informed them how to use and dispose the used napkins.

Objectives of the sessions on Personal Hygiene and Menstrual Hygiene.

The main objective of these sessions was to create awareness among children and women about the importance of hygiene. Also demonstrating the social importance of personal and menstrual hygiene to maintain a hygienic lifestyle. To encourage the participants to take responsibility for their health and cleanliness in a friendly environment to remain mentally, physically and socially healthy.

The empowerment and well-being of women and girls globally depend on good menstrual hygiene. Even though they are significant, having access to sanitary napkins and proper restrooms is only one aspect of the issue. It also involves making sure that girls and women can manage their periods with dignity in a society that recognizes and supports them. We spoke in our local language (Konkani) so that the children and women could understand us easily and more efficiently

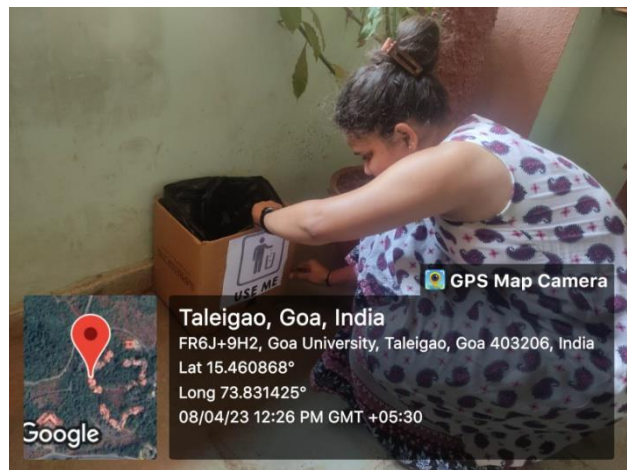
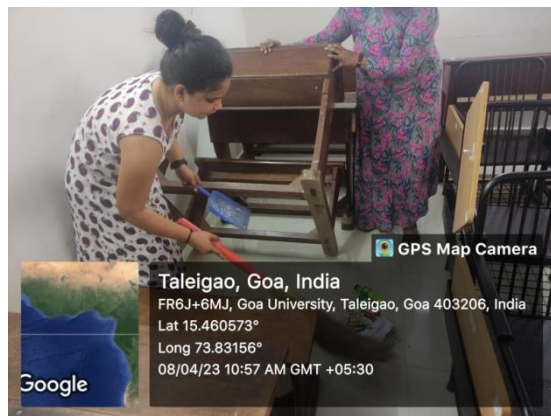


Outcome of this activities

Women were astonished by our group activities; both women and children got information that they were unaware of and found it really beneficial; as a result,

they made a point of using it and even sharing it with others in their immediate vicinity. They even instructed us to spread this valuable information as widely as possible so that people will understand what menstruation is, what it entails, and how to talk to girls about menstruation who are about to attain puberty.

Cleanliness



For several reasons, it's crucial to keep the classroom atmosphere neat and orderly. The spread of germs is reduced in a clean classroom. It also aids in avoiding offensive odours that could persist all day. The air is contaminated with micro-organisms when more than 50 students are collectively breathing it. If the classroom is not maintained clean, all of this may cause you health issues. Along with perhaps having a detrimental effect on your health.

On 8th April 2023, we decided to clean the classrooms that come under the Discipline of Konkani. We swiped in the class and collected a lot of plastic and paper waste from the desk. We know that we must keep our surroundings clean, yet we forget to keep our classrooms clean.

Your surrounding need to be spotless and sanitary if you want a clear, healthy mind. The cleanliness of the environment has a significant impact on mental health and wellness. Cleanliness not only refers to an unpolluted, hygienic surroundings, but also to one's lifestyle. A clean, organised space would put the mind in a growth-oriented, positive frame of mind. A healthy lifestyle that follows a healthy state of mind can be facilitated by surroundings that are clean and uncluttered, which can reduce the risks of allergies and asthma.

Objective

When students make a mess, they usually clean it up, but they frequently stuff their paper or plastic waste inside the desk. To ensure that we could learn in a healthy, clean environment, it was our goal to keep our classrooms clean and hygienic. Our school has been referred to be a second home from the beginning. We therefore made an effort to keep it as tidy as we do our own home.

Outcome

Our teachers were pleased with the work that we did. The way we cleaned the classroom was appreciated by the students and as a result, they have begun to avoid leaving their trash in their desks and instead toss it in the dustbin.





Save water for Sanitation



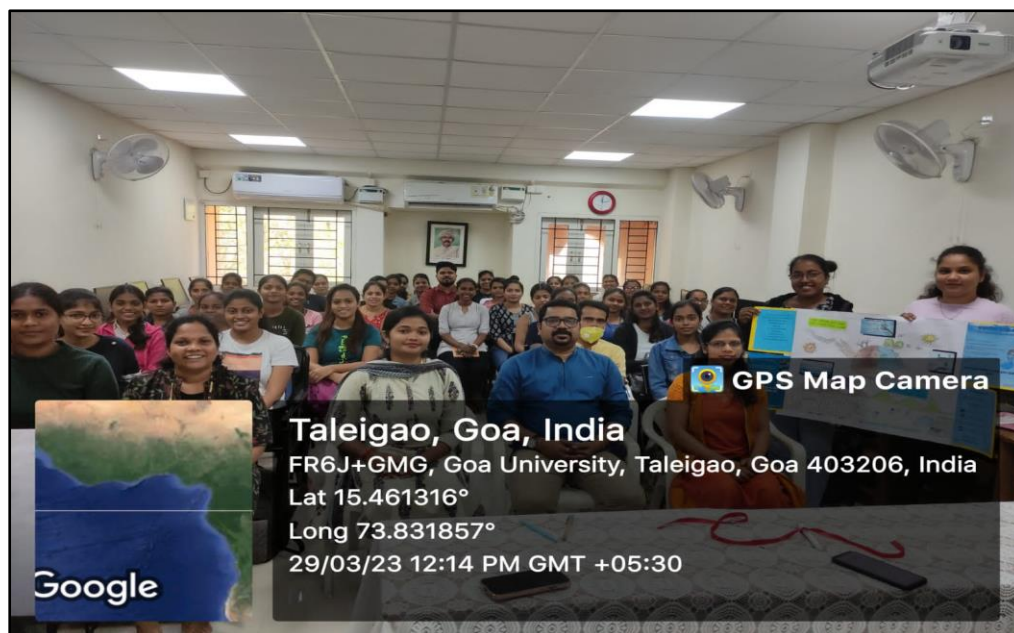
Water conservation and clean drinking water is a need of an hour. The practise of conserving water involves using it wisely to cut down on wasteful water use. Water conservation is crucial since, clean fresh water is a scarce resource that is also expensive. Water conservation is the art of effectively controlling, protecting, and managing water resources. Everywhere in the world even in areas where water seems to be in ample supply, water conservation has become crucial.

our
water,
most
and



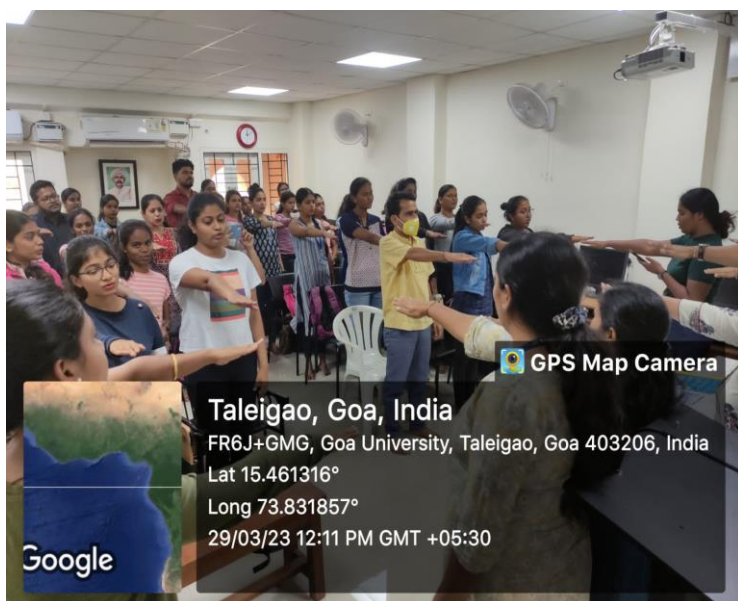
To reduce
need for
this is the
sensible

environmentally friendly strategy.



Konkani Faculty along with students, Shenoigoembab Language Lab.

On World Water Day, we decided to keep an awareness programme regarding saving water as well as clean and safe drinking water. We took the initiative to prepare e-posters on saving water. On the e-posters, we wrote numerous slogans, quotes, and dos and don'ts chart regarding saving water and circulated them on 22nd March 2023 on social media platforms like Facebook, Instagram and WhatsApp. We got amazing feedback on Facebook, Instagram, and



WhatsApp. Not only e-posters, but we also made two wallpapers regarding water management and held a programme regarding water management on 29th March 2023, at our respected Discipline, where our Programme Director, Dr.Hanumant.C. Chopdekar, was

invited as the guest for the programme, where he also spoke regarding how to save water and steps to keep in mind regarding water management. We also took the ‘Water Pledge’ on conservation of water. Out of which the first poster was inaugurated by our Programme Director, Dr. Hanumant C. Chopdekar, and was put up on our notice board, ‘Antarmann’. And the second poster was put up at “Anganwadi” in Lakherem, Bicholim, on 27th March 2023, and told the children about water conservation. We took a pledge ‘The Water Pledge’ on water conservation with the students of Discipline of Konkani MA Part II along with our Programme Director Dr. Hanumant C. Chopdekar, SBSI Co-ordinator Prof. Soniya S. Gadkar, SBSI Mentor Prof. Sanika A. Gaonkar, and faculty members Prof. Naresh Naik and Prof. Krupali Naik. Water is a vital resource for the sustenance of all life, and we must reduce the overuse of it as much as possible.

In terms of natural resources, water is the most essential for all living beings. It has however, also been wasted and used inappropriately. To reduce the wastage of water we had prepared the posters related to conservation of water. The other two posters and the e-posters were created in Konkani so that we could communicate more efficiently and readily with Konkani speakers. Water is a great need for all the human beings it not only help out external body to keep clean but it also helps us to keep our internal body to keep clean and hygienic.

Outcome

We received great feedback from everyone, and the programme was a success. We created awareness amongst teachers and students about the importance of water conservation.

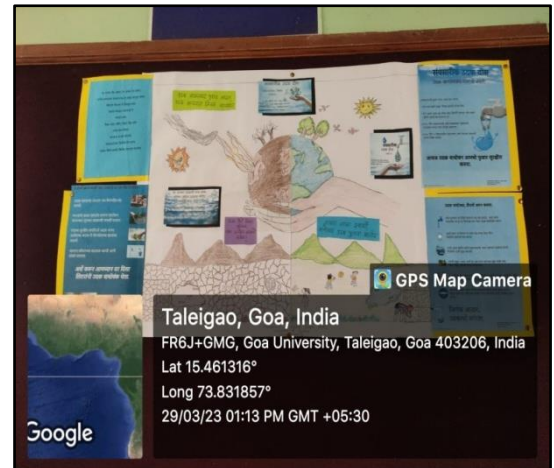
Objectives of the sessions on Personal Hygiene, Menstrual Hygiene and Water Sanitation

The main objective of these sessions was to create awareness among children and women about the importance of hygiene. Also demonstrating the social importance of personal and menstrual hygiene to maintain a hygienic lifestyle. To encourage the participants to take responsibility for their health and cleanliness in a friendly environment to remain mentally, physically, and socially healthy.

The empowerment and well-being of women and girls globally depend on good menstrual hygiene. Even though they are significant, having access to sanitary napkins and proper restrooms is only one aspect of the issue. It also involves making sure that girls and women can manage their periods with dignity in a society that recognizes and supports them. We spoke in our local language (Konkani) so that the children and women could understand us easily and more efficiently.

In terms of natural resources, water is the most essential for all living beings. It has however, also been wasted, polluted, and used inappropriately. To reduce the wastage of water as well as to spread awareness about why clean water is needed, we had prepared the posters related to conservation of water. The other two poster. And the e-posters were created in Konkani so that we could

communicate more efficiently and readily with Konkani speake



Interactive session at Government Primary School Akarwada Mardol

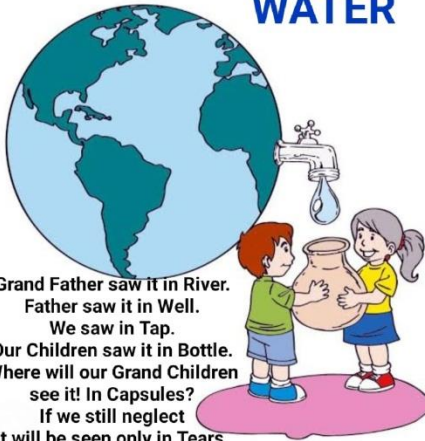
AnganwadiLakheremBicholim



Anganwadi, Samta Inez, Taleigao Goa

Anganwadi, Samta Inez, Taleigao Goa

WATER



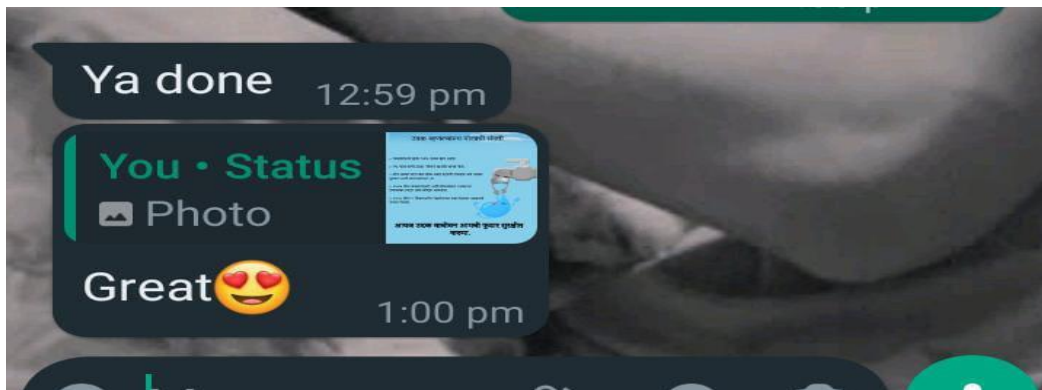
Grand Father saw it in River.
Father saw it in Well.
We saw in Tap.
Our Children saw it in Bottle.
Where will our Grand Children
see it! In Capsules?
If we still neglect
It will be seen only in Tears.

SAVE WATER



WALK FOR WATER THE WATER PLEDGE

"I take an oath to conserve water
and to use water wisely. I pledge to
consume water judiciously
and not waste even a drop of water.
I'll treat water as the most precious
treasure that I possess and consume it
accordingly. I pledge to motivate
my family, friends and neighbours to
use water wisely and not waste it.
It is our planet and only
we can save it!"



Today 1:12 pm

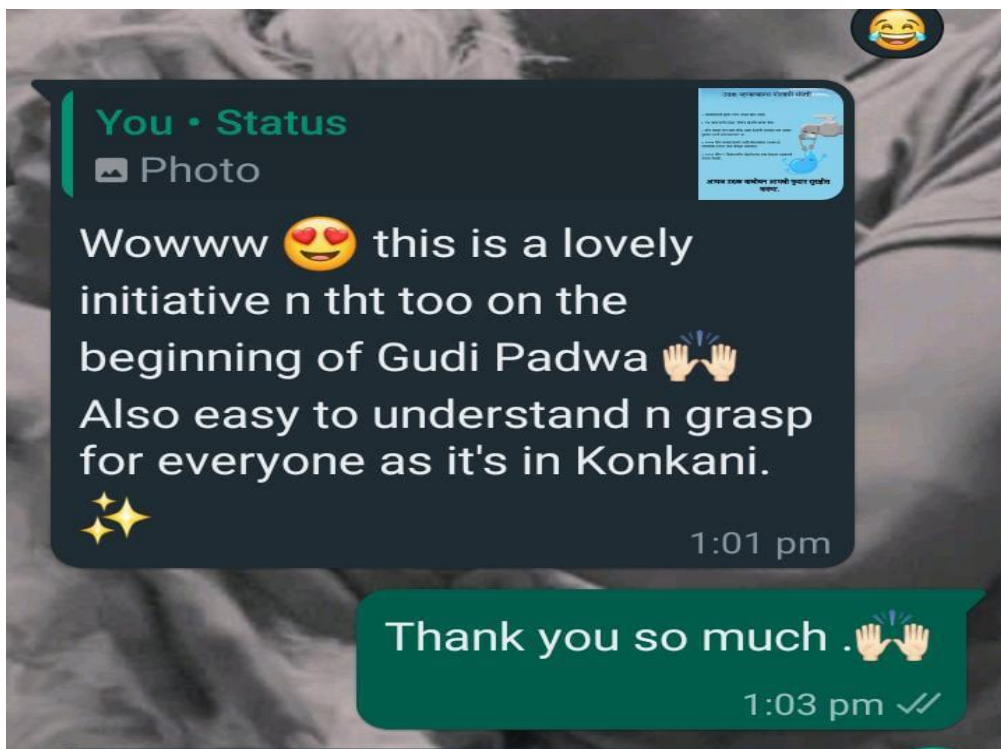
Replied to your story



Great job in konkani ✨❤



Message...



GREENERY



Global poverty has been greatly reduced, but there has been far less progress made in managing the environment sustainably. The term ‘Green’ describes a society that sustainably manages and conserves its natural resources, such as its forests, lands, and oceans, in order to enhance livelihoods and guarantee food security. In this environment, maintaining healthy ecosystem boosts all of the economic benefits associated with the activities they support.

We had moved closer to the natural world by taking another step. We planted saplings in trash plastic bottles on 25th March 2023, and kept them in the faculty block B corridor outside the Konkani Discipline office and in the corridor near the classroom, which are adjacent to it.



Medicinal Plants

We have planted some medicinal plants like Basil (Tulsi), Aloe vera (Katkunvor), and Indian Echinacea (Kirayte). Following are the benefits of the above mentioned plants:

Basil (Tulsi): Tulsi has been shown to counter metabolic stress through normalization of blood glucose, blood pressure and lipid levels, and psychological stress through positive effects on memory and cognitive function and through its anxiolytic and antidepressant properties.

Aloe vera (Katkunvor): Aloe vera has been traditionally used to treat skin injuries like burns, cuts, insect bites, and eczemas, and digestive problems, because of its anti-inflammatory, antimicrobial, and wound healing properties.

Indian Echinacea (Kirayte): Swertia Chirayita, also known as Chirata is herb that is traditionally used to treat a variety of conditions like malaria, diabetes, and liver disorders. It may have liver-protecting properties.

- It may help to maintain normal blood sugar levels and is effective in treating diabetes.
- It may be helpful in the treatment of asthma and shortness of breath.
- It may have wound healing properties.
- It may have beneficial properties for anaemia.
- It may have immune boosting properties.
- It may have blood pressure controlling properties.
- It may be able to boost appetite.

Flower Plants and Show Plants

We Planted Nine o'clock, Brahmakamal, Periwinkle and Money Plant in the corridors of Discipline of Konkani.

Nine O'Clock: There are various ways to get rid of waste and toxins from your body, but a nine o'clock flower can provide consumers with a quicker and more practical option than most. Nine o'clock flowers are a blood cleanser and eliminate toxins and waste through their pores. These flowers have great health benefits. This plant's juice is applied as a lotion for burns, eczema, and snake and pest bites. This is also employed as a treatment for earaches, toothaches, and mouth inflammation.

Hard-to-treat illnesses like cirrhosis of the liver with ascites, hepatitis, discomfort, and pharyngitis can benefit from it.

Brahmakamal: The flower makes for an excellent liver tonic and a great appetiser. It helps reduce the harmful effects of free radicals on the liver and prevents it from damage, along with helping in liver regeneration. Soup made from Brahmakamal flower can help treat liver inflammation and increase blood volume in the body.

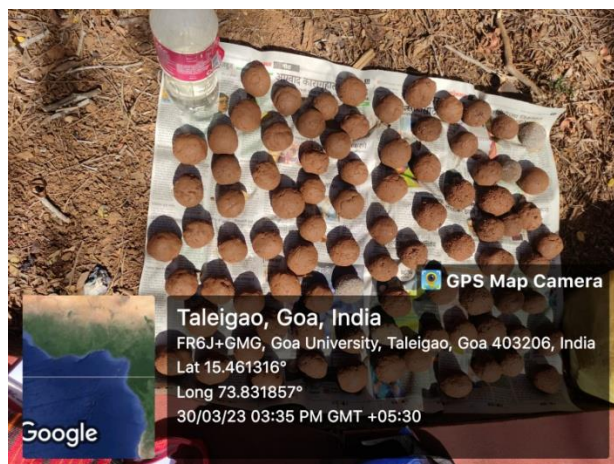


Money Plant

We make every effort to make our houses beautiful and to infuse them with as much positive energy as possible. Indoor and outdoor plants known as ‘money plants’ are said to bring riches and prosperity into a home, according to Vastu and Feng Shui. One of the most popular house plant is the money plant. Money plants are excellent for removing benzene, formaldehyde, carbon monoxide, and xylene from indoor air. In this manner, it functions as a natural air purifier that enhances your health and grants you the blessing of clean air and excellent health. It is advisable to fill your homes, cafés, and workplaces with plenty of money plants because of their many benefits to you. You will be happy to know that money plant acts as a radiator inside your homes and office areas emitted by computers, laptops and mobile phones.

Periwinkle:

We also grew plants that enhance the environment, like periwinkle and money plants, even inserted Money plants in glass bottles found on Cacara Beach. Also grew miniature cacti in clay cups that we found next to the women’s hostel.



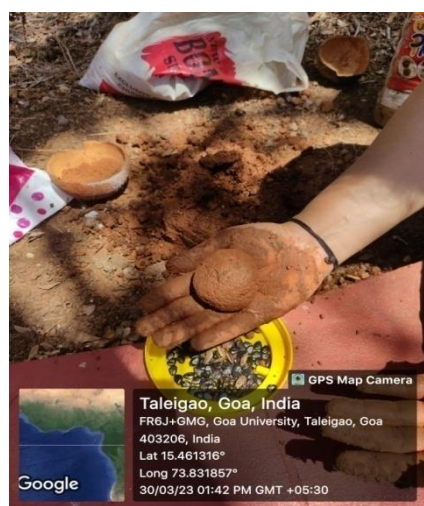
Seed Bomb

‘Seed Bomb’ a name itself, creates curiosity among the people. On 30th March and 5th April 2023, we sat together and prepared the seed bombs/balls. We went around the campus collecting the different types of seeds, like tamarind seeds, Indian jujube (Boram) seeds, black jamun seeds, etc., and we made a ball by mixing these things with the help of water. To make the mud richer, we added $\frac{1}{2}$ bag of soil, $\frac{1}{4}$ of charcoal (Gobar), and $\frac{1}{4}$ of dry cow dung (Sheen) to it. We mixed the mixture very well and then made small balls of it and added the different seeds that we had collected. We kept the seed balls to dry out in the sun. We made around 160 seed balls, which we could say was a great success for us. On 10th April, 2023, during the exhibition, we distributed these seed bombs free of charge to the teaching and non-teaching staff, but mostly we focused on students, and we distributed the seed bombs to students in and around the campus, especially in Faculty Block B. We even shared this activity on our social media account, and we have received good feedback. We took a small step towards nature to protect it and spread greenery in our surroundings, and SBSI paper was the medium for us to make it possible.

Objective

Reuse plastic and glass bottles to plant saplings. Our main objective was to beautify nature, as plants are the main source of beauty in our environment. Seed bombs are a new way in which we can make our environment more green and clean. Seed bomb contain different seeds in it and which after planting it will get a new plant out. While travelling in the rainy season, we can throw the seed bombs out of the window on plane land. With the rain, the soil will dissolve, and from the seed, a new sapling will rise up. A new type of bomb that will not harm nature but save it

Outcome of this Activity



Our effort and idea in making our campus more green was appreciated by the teachers from our Konkani Discipline especially Dr. Prakash Parienkar, Research Vice Dean, Ms. .Krupali Naik for growing medicinal and other plants. The way we prepared the seed bombs using mud, charcoal, and cow dung, and the fact that they were distributed at no cost, inspired some of the teachers and students, and they willingly asked for more seed bombs.



ENERGY MANAGEMENT

Imagine
Your Life
Without
Electricity!



Imagined?

**NOW
TURN IT
OFF.**

Awareness Initiative Under SBSI
Discipline of Konkani

विजेचो वापर जाय
तितलोच करात.
वीज वाचयात,
फुडार सांबाळात.

विनाकारण लायट
चालू करुं नाकात.
लायट चालू
दिसल्यार बंद
करुंक विसरुं
नाकात.



Awareness Initiative Under SBSI
Discipline of Konkani

The actions taken to lower energy use are referred to as energy conservation. On Earth, there is a finite amount of energy. Additionally, the regeneration of energy can take a long period. This certainly makes it essential to conserve energy. Most importantly, reducing service usage or improving energy efficiency are both effective ways to conserve energy.

Energy efficiency is crucial for saving non-renewable energy sources, to start with. Furthermore, the regeneration of non-renewable energy sources takes many decades. In addition, energy is consumed by people more quickly than it is created. Therefore, energy efficiency would result in the preservation of these priceless non-renewable energy sources.

Moving ahead, we had taken a small step towards energy conservation. We had made A4-size posters related to saving electricity both in English and in Konkani. On 4th and 5th April 2023, we went to each and every class that comes under the Shenoji Goembab School of Languages and Literature and told the students about how we waste electricity and how we can save it by taking a small step, just by switching off all the electrical appliances when they are not in use. We stick those posters on the doors of each class that comes under the above-mentioned school with the permission of Dr. Vrushali Mandrekar, Academic Vice Dean, and all the Programme Directors of the Shenoji Goembab School of Languages and Literature.

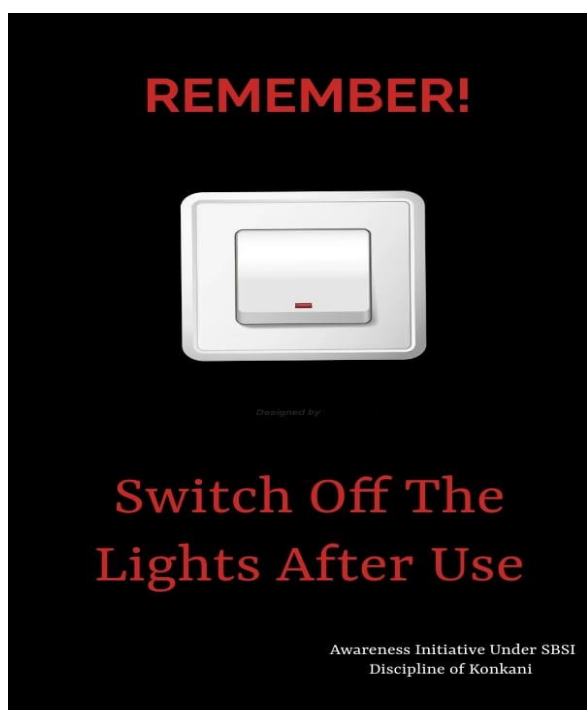
Environmental protection and improved human health would also emerge from energy conservation. In addition, the pollution produced by energy sources is bad for the human body. Therefore, one of humanity's top concerns must be energy conservation.

Objective

Our main objective was to make the students aware of how we can save the environment by taking a small step towards saving electricity. Environmental protection is yet another key justification for energy conservation. This is due to the fact that numerous energy sources have a negative impact on the environment. Thus, energy efficiency will result in environmental protection.

Outcome

Most of the Programme Directors at the Shenoi Goembab School of Languages and Literature were appreciative of our effort. When we spoke to students about energy conservation, they expressed how much energy they were wasting and made an effort to conserve electricity whenever and wherever they could. Even the Programme Directors of our School, from Discipline of Konkani, Hindi, Marathi, English, and Portuguese liked the effort that we made towards saving electricity.



WASTE MANAGEMENT



“Wealth out of waste” is a concept that promotes the idea of using waste materials to create new, useful products. This approach not only helps to reduce the amount of waste that ends up in landfills and the environment but also creates opportunities for generating income and supporting sustainable economic development.

In addition to creating new products and generating income, the “wealth out of waste” concept also promotes environmental sustainability and reduces the negative impact of waste on the planet. By promoting the reuse and recycling of

waste materials, we can all contribute to a cleaner, healthier planet and a more sustainable future.

As said by the Dalai Lama, “In order to carry out a positive action, we must develop a positive vision.” Keeping this in mind, we have taken a small step to keep our environment healthier and more sustainable for our future generation.

On Monday, 10th April 2023, we had an exhibition named “Wealth out of Waste” outside the office of Konkani Discipline. This exhibition was inaugurated by writer Kamlakar Mhalxi. And all of the above hand-made items were displayed at the exhibition, with some of them even selling. Following are the details:

Glass Items (Bottles and Jars)



We have started this by collecting glass bottles from our surrounding area, the university campus, and Cakra Beach. We cleaned and reused these bottles.

Some bottles were wrapped with jute and decorated with shells, seeds of a particular plant, and other materials found here and there.

Even some glass bottles were painted.

And in some bottles, some glass bottles, we inserted pebbles collected from the beach, just to beautify the bottle, and we placed a money plant in it.

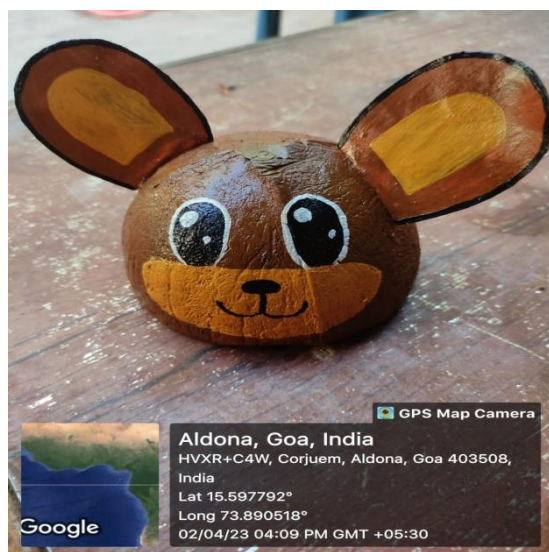
With the help of jute and paint, we reused these jars found on Cakra Beach to make showpieces out of them.

Plastic Items

Collected plastic bottles from the university campus, cut them properly, and reused these bottles by planting medicinal plants like Basil, Aloe Vera and Indian Echinacea, flowering plants like Periwinkle and Bhamakamal, and show plants like money plant and others in them, and placed these bottles in the Faculty Block B corridor.

Made vases using plastic pipe, which was a waste in the hostel.

Coconut Shells



Collected coconut shells from the university canteen and reused them by making a pen stand using a single coconut shell.

Made eraser and sharpener stands using two coconut shells and painted those stands for beautification.

Made a beautiful chandelier using these coconut shells with lots of patience and love.

As far as statues stand, this was the most difficult and time-consuming, yet worth spending time on it. Hard work pays off. This stand was made to place a small statue in it; this statue stand was given as a token of love to our guest, writer Kamlakar Mhalxi.

Tablas and coconut shell spoons were made using coconut shells. These coconut shell spoons are part of our Goan tradition.

Broken Clay Cups and Plates, Mud Cups

We reused the broken clay cups and plates from the hostel mess, and some were from the roadside. We painted them to use as a showpiece and can even plant small plants in them.

We found a few mud cups around the roadside of the university campus. We painted those cups to use them as pen stands.



Cardboard and Ice-Cream Stic

Used waste cardboard found near the university canteen for making wall hangings and plate stands.

Made bookmarks using ice-cream sticks.

Old Material (Saree and Paper)



Most of the time, we use single use plastic bags and then throw them away. This is very harmful for the environment because it takes around two decades to decompose. So we decided to make hand-made cloth bags using old saree. We even made a pen stand using old newspapers. Also made bookmarks using old and unused papers.

Following are the estimated decomposition timelines for common plastic waste products:



5.7 Table

Material	Estimated Decomposition
Plastic bags	20 years
Plastic bottles	450 years
Glass	Unknown

Plastic isn't natural; that much is obvious. Plastic does not exist in nature, despite the fact that petroleum, which is made from naturally occurring crude oil, is used to make it. Although there is a lot of science involved, it mostly concerns the chemical bonding of plastic as opposed to the molecular bonds of organic things, such as an apple. The carbon bonds in plastic differ from the chemical connections found in nature, making it more difficult and energy-consuming to break them down. Furthermore, as plastic breaks down, it may release pollutants into the soil.

Objective

The main objective was to show how we can reduce and reuse waste materials from our environment. During our exhibition each and everything was explained in Konkani so that the staff and students could understand it in a much better way. Shells collected from Cakra Beach were used for decorating glass bottles and other showpiece materials. Shells, jute, paint these things are not waste, yet we used these things to decorate and reuse the waste materials. The things which we see as waste around us are actually reusable items.

Outcome

We tried to reduce some of the waste material in the environment. People like our ideas of reusing material to create something new and innovative. We also received orders from discipline staff to make new showpiece items for them.





Well done 🍀

बाय स्नेता,
बरें गोंय.
गोंय विद्यापिठांत काल तुमी स्वता केल्ल्या
वस्तूचें तुमी भरयिल्लें प्रदर्शन एकदम
बरें दिसलें! तुमची वस्तू-निर्मिती फाटली
संकल्पना
आनी सर्जनशीलताय तशेंच मांडणी आनी
उमेदीन केल्लें
सादरीकरण तोखणाय करी सारकें.
काळजांतल्यान परबीं.
... म्हाका मात्शें तुजें पुराय नांव आनी
व्हॉट्स अँप नंबर धाड. तुज्या गुपाच्या
वांगड्यांचींय नांवां धाड. तशेंच ते स्किमीचें
नांव धाड.
- कमलाकर म्हाळशी सर.

Today 9:35 PM SIM1

देव बरें करूं सर

सर होच म्हजो व्हॉट्स अँप नंबर

टाकाऊतून टिकाऊ उपक्रम

प्रतिनिधी । गोवन वार्ता

वाळपई : एक नाकन्यपूर्ण उपक्रम गोवा विद्यापीठाच्या कोकणी अध्ययन शाखेच्या काही विद्यार्थ्यांनी केला आहे. 'टाकाऊतून टिकाऊ' या संकल्पनेतून शेण, माती यांच्या मिश्रणातून गोळा तयार करण्यात आला आहे. याचा वापर बागायतींसाठी होऊ शकतो.

या गोळ्यांमध्ये चिंचा, आवळा, जांभूळ, बोर अशा रोपट्यांच्या बिया घातलेल्या आहेत. हे गोळे

जर आपल्या परिसरात, जंगलात फसरवल्यास त्यातून बियांची रुजवण होऊन जंगलात उपयोगी अशी झाडे निर्मितीचे काम होणार आहे. चांगली जागा पाहून हे गोळे टाकल्यास बहुउपयोगी ठरणारे आहे.

गोवा विद्यापीठाच्या कोकणी विभागातील विद्यार्थी प्रमुख स्नेता मोरजकर, आर्कांशा डिचोलकर, आशांलता नावेलकर, प्राजक्ता पोळे, आंद्रिया फर्नांडिस, करिष्मा ताटे आदी विद्यार्थ्यांनी हा प्रकल्प साकारलेला आहे.



प्रयोगाचे प्रात्यक्षिक दाखवताना विद्यार्थी व शिक्षक.

वीरम कर्त

Tue, 25 April 2023
epaper.thegoan.net/c/72284270



गोंय विद्यापीठाच्या कोंकणी अध्ययन शाखेन मनयलो कोंकणी दीस

नितळ भारत स्टुडंट इंटरनशीप ह्या पेपरा खाला जालें 'कोयरांतल्यान धन' प्रदर्शन

■ भांगरभूंय | खबरां मेज

पणजी: सैमाचो नाश हें आयज मनीसजती मुखार आशिल्लें एक म्हत्वाचें आव्हान. रानां कांपप, विविध गजालिंतल्यान उदक, वारो, माती प्रदुशीत करप ह्या सारक्या मनशाच्या वावराक लागून सैमाचें लुकसाण जायत आसा. सैमीक रानांची नासाडी करून मनशान काँक्रीटच्या रानां रचलीं. हे उदरगती वांगडा कोयराची रंस तयार जावपा सारक्यो समस्या मनशाच्या गळ्याक पडल्यात. म्हणून निमणें रिसायकल, रियूज आनी रेड्यूस



नितळ भारत स्टुडंट इंटरनशीप ह्या पेपरा खाला कोयरांतल्यान धन प्रदर्शनाचें उक्तावण करतना कमलाकर म्हाळशी वांगडा डॉ. प्रकाश प्रकाश पर्येकार, डॉ. हनुमान चोपडेकार आनी हेर.

ह्यो तीन गजाली केल्यारूच कोयराचे होच उपाय वापरून हल्लीच गोंय समस्येंतल्यान सुटका मेळूंक शकता. विद्यापीठांतल्या शैण गोंयबाबा भाशा

आनी साहित्य म्हाशाळा कोंकणी अध्ययन शाखेन कोंकणी दीस मनयलो. कोंकणी दिसाचे कार्यवळी उपरांत विद्यार्थ्यांनी एस. बी. एस. आय (नितळ भारत स्टुडंट इंटरनशीप) ह्या पेपरा खाला कोयरांतल्यान धन प्रदर्शन घडोवन हाडलें. हें प्रदर्शन कोंकणी अध्ययन शाखेच्या कार्यालया भायर आयोजीत केल्लें.

ह्या वेळार मुखेल सोयरो म्हणून कोंकणीचे ज्येष्ठ लेखक कमलाकर म्हाळशी हाजीर आशिल्ले. तांणी फीत कापून प्रदर्शनाचें उक्तावण केलें. ह्या प्रदर्शनांत नाल्लाची कट्टी, ग्लासाच्यो बाटल्यो, पुटे अश्या विविध गजाली पसून तयार केल्ल्यो वस्तू आशिल्ल्यो.

ह्या प्रदर्शनाचें मुखेल आकर्शण आसलें 'सीड बॉब'. हें सीड बॉब शेण, गोबोर आनी माती ह्यो तीन गजाली उदकान कालोवन आनी उपरांत गुठें तयार

करून तातूंत जांबळांच्यो, चिंचेच्यो, बोरंग्यो अशा रानवटी झाडांच्यो बियो घालून तयार केल्यात. उपरांत ते गुठे वेवस्थीत वताक सुकयले. प्रदर्शना वेळार विद्यार्थ्यांक तशेंच शिक्षकांक वांट्टा नाट्याच्या पानांत गुठलावन दिले. हातूंत रानवटी झाडांच्यो बियो घालपा फाटलो मुखेल हेतू म्हणल्यार रानवटी झाडां खंयच सोंपेपणान जातात आनी तांकां उदकाची तितली गरज लागना. हे गुठे खंयच प्रवास करतना पर्डींग जाग्याचेर उडोवं येतात. पावसाच्या दिसांनी ती बों आशिल्ल्या गुठ्यांतल्यान नवो रोपो किल्लतलो. अशें केल्ल्यान भोंवतण पांचवीचर करपांत आमचे चानयेचो वांटो आसा हाचें समाधान आमकां आसतलें असो उलो शैण गोंयबाबा भाशा आनी साहित्य म्हाशाळेच्या वांगडांनी उलो मारलो.

भांगरभूंय Fri, 14 April 2023
epaper.thegoan.net/c/72175808



भांगरभूंय

पडवेर

कोंकणी चळवळीची घुडी तरणाट्यांनी आपल्या भुजांर घेवपाचो वेळ आयला

कमलाकर म्हाळशी : गोंय विद्यापीठान मनयलो संवसारीक कोंकणी दीस

■ भांगरभूंय | खबरां मेज

पणजी : कोंकणीची घुडी आतां तरणाट्यांनी आपल्या भुजांर घेवंक जाय आनी ही क्रांतीची घुडी आपल्या हातांत घेवन कोंकणी चळवळ मुखार व्हरूंक जाय अशें आवाहन नामनेचे लोक कलाकार, कोंकणी साहित्यीक आनी शिक्षक कमलाकर म्हाळशी हांणी केलें.

गोंय विद्यापीठाचे कोंकणी अध्ययन फांट्यान आयोजीत केल्ले संवसारीक कोंकणी दिसाचे कार्यावळींत मुखेल सोयरो ह्या नात्यान कमलाकर म्हाळशी उलयताले.

शणै गोंयबाबा म्हणल्यार चैतन्याचें एक प्रतीक आसलें. कोंकणी मनशाच्या नीजसत्वाक तांणी जाग हाडली. शणै गोंयबाबान कोंकणींत जें ना तें हाडपाचो यत्न केलो आनी हाका लागून कोंकणी भाशीक चळवळीक ताचो खूब व्हडलो फायदो जालो. कोंकणी भाशीक आनी साहित्यीक चळवळ ही कोंकणी मनशाची नीज



कमलाकर म्हाळशी हांकां रॉपटें दिवन येवकार दितना विद्यार्थिनी धनिरका पेडणेकार, कुरीक डॉ. हनुमंत चोपडेकार आनी डॉ. प्रकाश पर्येकार.

अस्मितायेची चळवळ. तातूंतल्यान शणै गोंयबाबान दिल्लो नीजपणाचो विचार मुखार गेला. शणै गोंयबाब आनी तांचें कार्य हो एक दिव्य विचार. ह्या विचारान एकंदर कोंकणी मनशाक संवसारांत ताट मानेन उबो रावपाची भिडाय दिली अशें म्हाळशी हांणी सांगलें.

एका तेंपार चळवळींत सक्रीय वांटो घेवपी कोंकणीचे फुडारी आतां

जाणटे जावपाक लागल्यात. इतलेंच न्हय जाल्यार तातूंतले कांय जाण आयज आमचे मदीं नात. अश्या वेळार कोंकणीची घुडी उबारून धरपाक कोंकणी तरणाट्यांनी मुखार सरपाक जाय. ही क्रांतीची घुडी आपल्या हातांत घेवन कोंकणी चळवळ रचपाक फुडें सरतले तेन्ना ही कोंकणीची घुडी खऱ्या अर्थान जैतिवंत जावंक पावतली

अशेंय कमलाकर म्हाळशी हांणी सांगलें.

ह्या वेळार कमलाकर म्हाळशी हांणी शणै गोंयबाब हांच्या भाशीक वावरां विशीं भुरग्यांक मार्गदर्शन केलें. कांय आपमतलबी व्यक्ती शणै गोंयबाबान बरयिल्ल्या उतरावळींचो चुकीचो अर्थ लोकां मेरेन पावयतात तो बंद जावपाक जाय अशें तांणी म्हणलें.

शणै गोंयबाबान जसो कोंकणीचो वावर केलो तसो वावर आयच्या तरणाट्यांनी करपाक जाय अशें सांगून कमलाकर म्हाळशी हांणी कोंकणी राजभास कायदो जावन लेगीत तो खऱ्या अर्थान चालीक लागना म्हणून खंत उक्तायली. गोंयच्या कोंकणी भाशीक संस्थांनी फुडाकार घेवन राजभास कायदो चालीक लावचो हे खातीर सरकाराचेर चेपण हाडपाक जाय अशेंय म्हाळशी हांणी सांगलें.

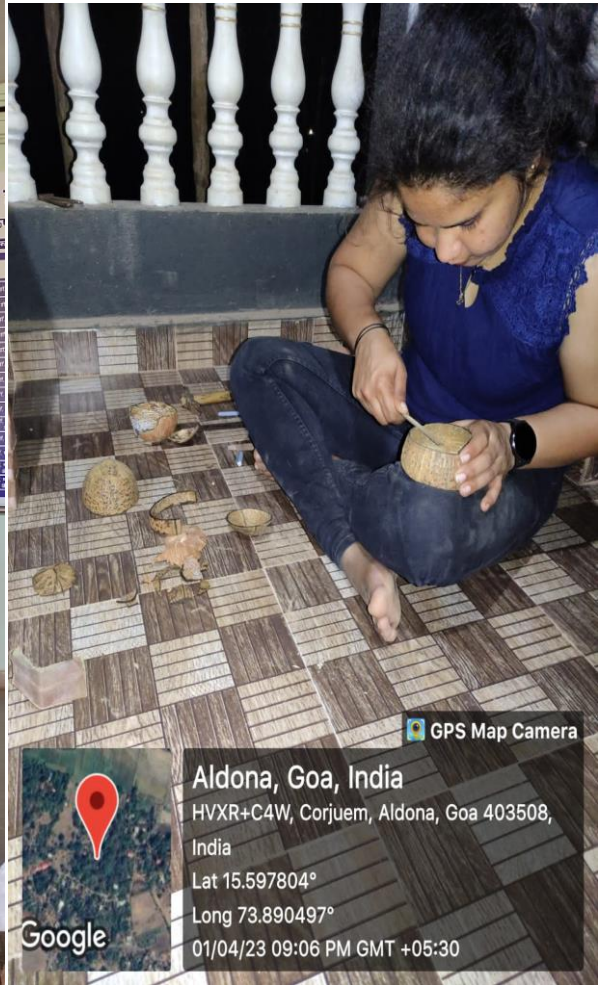
कमलाकर म्हाळशी हांच्या उलोवपा उपरांत जाल्ले चर्चेत प्रा. नरेश नायक, आकाश गांवकार आनी

गोविंद मोपकार हांणी वांटो घेतलो.

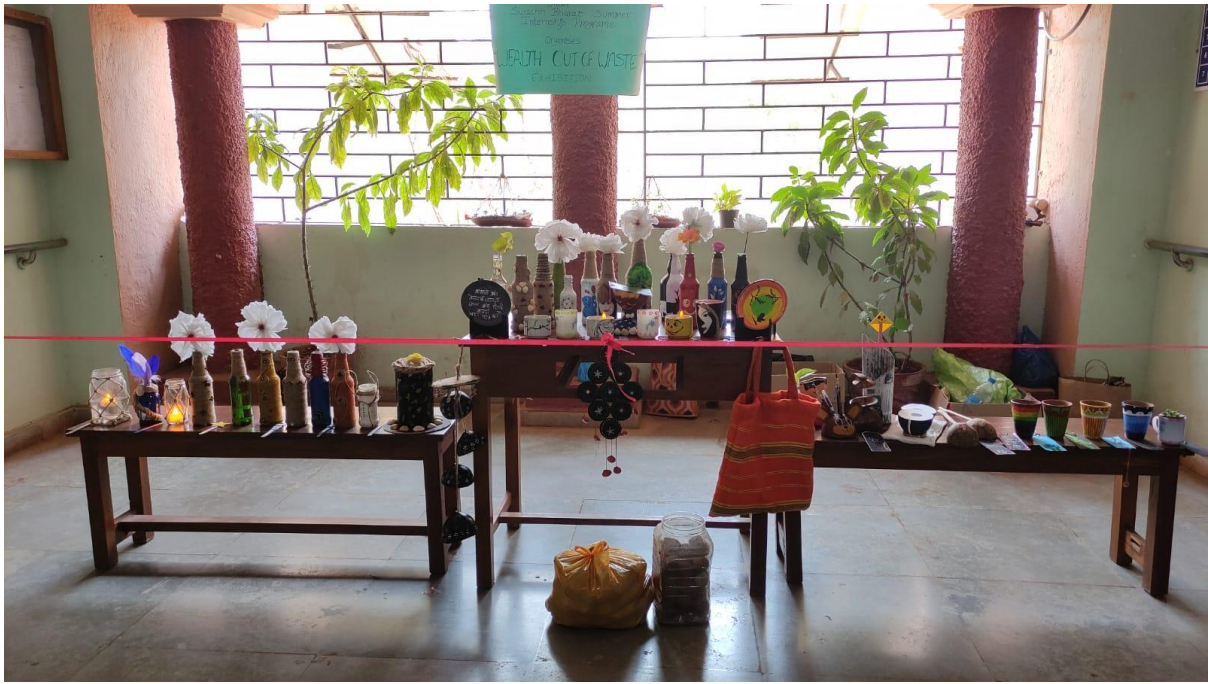
शणै गोंयबाबाचे प्रतिमेक फुलां ओंपून कार्यावळीची सुरवात जाली. उपरांत कोंकणी अध्ययन फांट्याचे संचालक डॉ. हनुमंत चोपडेकार हांणी येवकार दिलो, सोयऱ्यांची वळख करून दिली आनी प्रास्तावीक केलें.

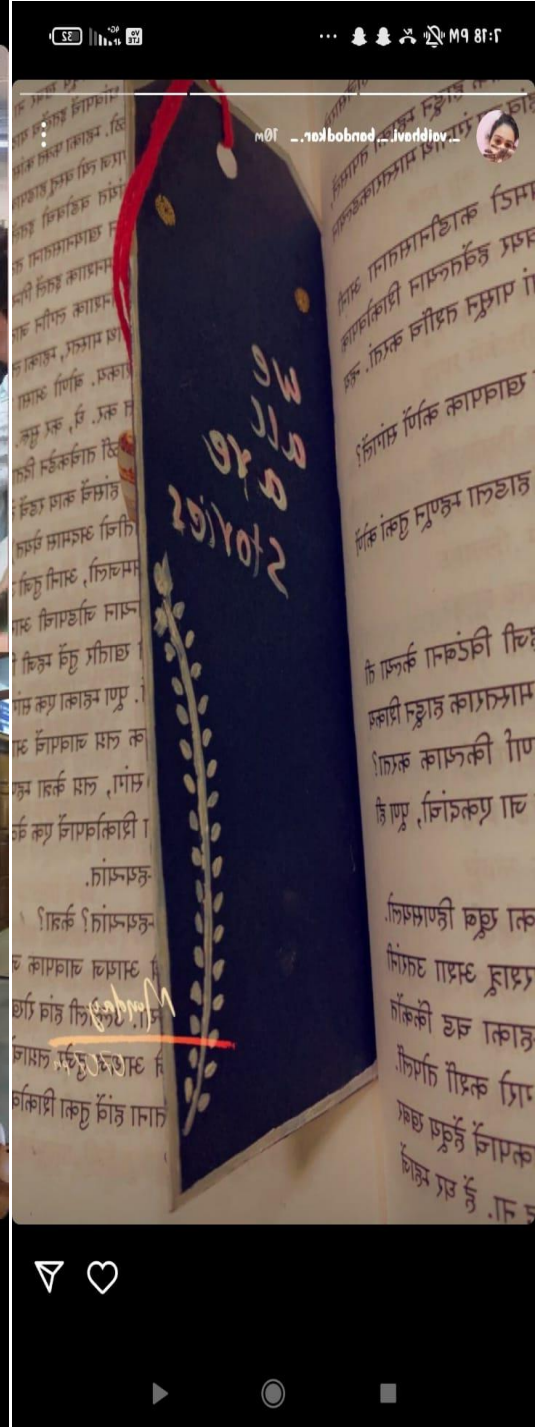
शणै गोंयबाब भाशा आनी साहित्य म्हाशाळेचे उपअधिष्ठाते डॉ. प्रकाश पर्येकार हांणी मनोगत उक्तायलें. स्वच्छ भारत समर इन्टर्नशीप करपी विद्यार्थ्यांचे वतीन स्नेहा मोरजकार हिणें ह्या वेळार 'टाकावूंतल्यान टिकावू' ह्या प्रदर्शना विशीं म्हायती दिली. विद्यार्थी संयोजक पलाश अग्नी हाणें हे कार्यावळीचें सुत्रसंचालन केलें. विद्यार्थिनी वेनीशा कांस्ता हिणें उपकाराचें उलोवप केलें.

कार्यावळी उपरांत अध्ययन फांट्याच्या दुसऱ्या वर्साच्या विद्यार्थ्यांनी आयोजीत केल्ल्या 'टाकावूंतल्यान टिकावू' ह्या प्रदर्शनाचें उक्तावण जालें.









CONCLUSION

“You cannot get through a single day without having an impact on the environment around you. What you do makes a difference, and you have to decide what kind of difference you want to make around you.”

Living things and their environment must coexist in harmony. In the current situation, there is an environmental crisis brought on by population growth. The overexploitation of our natural environment to fulfil human demands is a worrying development. We are unable to keep a healthy balance with nature because of numerous human activities. The SBSI experience was comparable to one of the loveliest times in our lives. It was never about reaching our goal but rather about having the opportunity to do something to safeguard our Mother Earth. Through all of the highs and lows, SBSI forced us to work together and get to know one another better. In the same way that being strong and working together let us appreciate how lovely the journey becomes when working together, being in a group made us realise how the fingers of hands work together, or be together. The voyage was difficult and adventurous, but the love and admiration we received from everyone made the gratification priceless. To preserve our environment and the nearby living and non-living organisms, we must take even tiny steps. Once more, we would like to express our gratitude to everyone who contributed in one way or another to helping us accomplish our objectives. Our natural environment is being overused to satisfy human wants, which is a worrying issue. We are unable to keep a balanced relationship with nature due to a number of human activities. We should care about saving Mother Earth because it will teach us how to use natural resources and how to keep the environment and human existence in a healthy balance.