

# JMHSS, Periyakuppam - Green Warriors Day Activity Report

## Introduction:

This report details the activities conducted by the science department at JMHSS, Periyakuppam, on every Tuesday designated as "Green Warriors Day" during the morning assembly. The report covers the period from July 2nd, 2024, to August 27th, 2024.

## Activities:

### Tuesday, July 2nd, 2024:

- **Topic: Photosynthesis**
- **Description:** Students showcased a captivating activity demonstrating the process of photosynthesis, guided by Mrs. Lalitha. This activity involved visually representing how plants convert sunlight, water, and carbon dioxide into food.
- **Key Learning:** Students gained a deeper understanding of the fundamental process by which plants create their own nourishment.



### Tuesday, July 16th, 2024:

- **Topic: Introduction to NASA and its Members**
- **Description:** Students, guided by Mrs. Lalitha, presented an informative session about NASA (National Aeronautics and Space Administration). This included details about the organization's purpose, structure, and the different roles its members play in space exploration.
- **Key Learning:** Students broadened their knowledge about the leading space agency and the diverse personnel who contribute to space exploration endeavors.



**Tuesday, July 30th, 2024:**

- **Topic: 1. Separation of Solid Substances & 2. Balanced Diet**
- **Description:** Under the guidance of Mrs. Fathima, students conducted activities to illustrate:
  - The separation of solid substances: This involved demonstrations using filtration, evaporation, and other techniques.
  - The importance of a balanced diet: Students presented information and activities that emphasized the need for a variety of food groups for optimal health.
- **Key Learning:** Students gained practical knowledge of separation techniques and the significance of a balanced diet for well-being.

**Tuesday, August 6th, 2024:**

- **Topic: 1. Parts of a Plant & 2. Handwashing Steps**
- **Description:** Students, guided by Mrs. Stella Mary, presented two key topics:
  - Plant parts: This involved identifying and explaining the functions of various plant structures like roots, stems, leaves, etc.
  - Handwashing steps: Students demonstrated the proper technique for thorough handwashing to promote hygiene.
- **Key Learning:** Students strengthened their understanding of plant anatomy and learned the importance of proper handwashing for preventing the spread of germs.

**Tuesday, August 13th, 2024:**

- **Topic: Force of Friction, Advantages & Disadvantages**
- **Description:** Students, guided by Mrs. Lalitha, explained the concept of friction using charts and visuals. The presentation covered the different types of friction, its advantages (e.g., providing grip) and disadvantages (e.g., causing wear and tear).
- **Key Learning:** Students gained a comprehensive understanding of friction and its role in various everyday situations.



- **Topic: Drug Abuse Activity - Mrs. Gladies**
- **Description:** A separate activity led by Mrs. Gladies Mam focused on raising awareness about drug abuse. This was an interactive session highlighting the dangers of drug use and encouraging healthy choices.
- **Key Learning:** Students gained valuable knowledge about the negative consequences of drug abuse and the importance of making healthy life choices.



Tuesday, August 27th, 2024

- **Topic: Roughage in our Diet**
- **Description:** Students, guided by Mrs. Fathima, explained the role of roughage (dietary fiber) in a healthy diet. This likely involved discussing the benefits of fiber for digestion and overall health.
- **Key Learning:** Students learned about the importance of including roughage-rich foods like fruits, vegetables, and whole grains in their diet.



- **Topic: Medicinal Plants and their Importance**
- **Description:** Students, guided by Mrs. Fathima, presented information about medicinal plants and their significance in traditional and modern medicine. This involved showcasing examples of medicinal plants and their uses.
- **Key Learning:** Students gained awareness about the use of plants for medicinal purposes and the potential benefits of herbal remedies.



- **Topic: Scientists and their Inventions**
- **Description:** Students, guided by Mrs. Lalitha, held placards and presented information about renowned scientists and their groundbreaking inventions. This activity likely aimed to inspire students and encourage their interest in science and innovation.
- **Key Learning:** Students were introduced to the achievements of prominent scientists and the impact of scientific discoveries on our world.



## **Conclusion**

The Green Warriors Day program at JMhss, Periyakuppam, has been a valuable initiative to promote scientific knowledge and awareness among students. Through a variety of engaging activities, the science department has successfully covered a wide range of topics, from plant biology to space exploration and environmental issues. These activities not only enhance students' understanding of scientific concepts but also foster critical thinking, problem-solving skills, and a passion for learning. By providing hands-on experiences and encouraging student participation, the Green Warriors Day program has made a significant contribution to the overall educational development of the students.