

Eklavya Model Residential School Mandvi, Surat (Guj)

Reports on the First Activity under Saksham Saturday Initiative

Month 1 (27th June 2026)

Class - VI, VII & VIII

- **Name of Activity :- Self-Defense, Karate & Life Skills**
- **Learning Objectives** - Develop self-confidence, self-discipline and physical fitness.
 - Learn basic self-defense techniques for personal safety.
 - Improve situational awareness and quick decision-Making
- **Resources / Resource Persons Required –**
Resource Person: Mahala Vaibhav , Karate Teacher.
Resources: Karate mats/open hall, whistle, Karate costume, gloves, Teeth guard.
- **Pre-Activity Planning** - Permission obtained from the Principal. Activity schedule prepared and shared with staff.
Safety instructions explained to students.
- **Execution During Activity**- A trained instructor demonstrated basic self-Defence moves, blocking, escaping techniques and karate drills. Students actively practised punches, kicks, balance exercises and discipline drills under supervision.
- **Learning Outcomes/Assessment** -Students demonstrated improved confidence, discipline and physical coordination.
They successfully performed basic self- defence techniques.
Students understood safety awareness and appropriate responses in emergency situations.
Assessment was carried out through observation of participation, practical performance and interaction during the activities.

**Students actively participating in Karate Training and Self- Defence
Demonstration as Part of the Saksham Saturday Programme**



**Students Exercising to Enhance Confidence, Agility and Personal Safety
under the Saksham Saturday Programme.**



➤ **Activity 2 :- Life Skills**

- **Learning Objectives** - Develop practical life skills such as booking train/bus tickets (online & offline), understanding essential public services, and making informed choices through product label reading.
Identifying manufacturing date, expiry date, MRP, and quality certification marks of Food products and medicines.

➤ **Resources / Resource Persons Required –**

Resource Persons: Vinod Kumar Nehra, PGT Maths
Krishan Singh Rajput, TGT Science
Pankaj Kumar, TGT Maths

Resources: Projector/mobile for demonstration, internet-enabled device.
sample train/bus tickets, food product, medicines.

- **Pre-Activity Planning-** Required materials arranged in advance. Students were briefed about the objectives of the activity.
- **Execution During Activity-** Teachers demonstrated online and offline train/bus ticket booking procedures. Students observed and discussed product labels, manufacturing date, expiry date, MRP and quality certification marks to develop consumer awareness. Interactive question-answer sessions and hands-on practice were conducted throughout the activity.
- **Learning Outcomes / Assessment** - They learned the basic process of booking tickets and interpreting product labels for informed decision-making.
Assessment was carried out through observation of participation, practical performance and interaction during the activities.

**Live Demonstration on Understanding Medicine Labels including
Manufacturing Date, Expiry Date, uses, Dosage and Safety Precautions**



Awareness Session on Understanding Food Labels, FSSAI Certification, Ingredients, Nutritional Informational and Safe Food Choices.



Practical Session on Online Railway Ticket Booking through the IRCTC Rail Connect App



Digital Safe Payment through Google Pay Demonstration



- **Post-Activity Report / Reflection** - The Saksham Saturday activity was conducted successfully with enthusiastic participation from all students. The combination of self-defence training and life skills education provided meaningful experiential learning beyond the classroom. Students expressed greater confidence in protecting themselves and appreciated learning practical everyday skills useful for independent living. The objectives of the activity were achieved effectively, and the session encouraged active participation, teamwork and responsible citizenship.

Activity In-charge
Monika
PGT English

Principal
EMRS Mandvi

