

**Tender Heart School, Sector 33-B, Chd.  
Class -IX (2021-22)**

**S.U.P.W.**

As part of S.U.P.W., students have to make and elaborate First Aid Box with at least 27 items and will be submitted in first week of **JULY**. Later it can be taken back home and the contents can be used for giving First Aid when required.

**Suggested Components of First Aid Kit :**

- |    |   |                     |
|----|---|---------------------|
| 1  | Antiseptic Ointments - Cipladine                        |                     |
| 2  | limcee - for cough & cold                               |                     |
| 3  | Honitus   |                     |
| 4  | Scissors  | - available at Home |
| 5  | Finger Nail Clipper                                     | - available at Home |
| 6  | Paracetamol - for fever                                 | - 6 tablets         |
| 7  | Surgical tape - 1 roll                                  | - Small             |
| 8  | Adhesive dressing - Handy plast                         | - 4 pieces          |
| 9  | Disposable gloves                                       | - 1                 |
| 10 | Eye / Ear drop  | - 1                 |
| 11 | Re hydration solution dry - ORS                         |                     |
| 12 | Sun Burn Ointment                                       |                     |
| 13 | Insect repellent - Odomos                               | - Small             |
| 14 | Savlon (1 Bottle)                                       | - Small             |
| 15 | Cotton wool   | - Small Roll        |
| 16 | Merbromin   | - 1                 |
| 17 | Insect Bite Treatment - Setride                         |                     |
| 18 | Thermometer   | - 1                 |
| 19 | Burn Ointment - Burnol                                  | - Small             |
| 20 | Hand sanitizer  | - Small             |
| 21 | Pudin Hara - for indigestion                            | - 6 tablets         |
| 22 | Bandage - Dressing roll                                 | - 2" roll x 2       |
| 23 | Glucon D  | - Small 100 gram    |
| 24 | Vicks Vaporub   | - Small             |
| 25 | Bone cure - Handloom cotton crepe Bandage - 3" roll x 2 |                     |
| 26 | Moov  | - Small Tube        |
| 27 | Honitus   | - 6                 |

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**SUPW Activities**

**SUPW Activities are only indicates and suggestive and therefore not restricted to those mentioned below .Any Socially Useful Productive Work even those relevantly restricted to your home/house are acceptable.**

**(1) Community Service –**

Students can take up suggested activities at home like :-

- Cleaning of carpet
- Cleaning /dusting of the house
- Making of beds
- Helping in the kitchen
- Visiting the sick/looking after aged/old relatives
- Cleaning/maintaining the kitchen garden
- Cleaning the cupboards
- Ironing the clothes
- cleaning the fans + lights
- Washing & cleaning of family owned vehicles
- Meal making for family members
- Household chores such as cooking, laundry etc
- Project on preventing wastage of food (may include creating new dishes from leftover foods)
- Preparing budget for the family with focus on minimizing expenditure
- Taking up the responsibility to minimize power and water wastage at home

A record of at least 4 (Four) services provided by you have to be maintained and is to be signed by the parents and later on has to be submitted to the school(once you have completed 20 hours of community service work) on a suggested performa which is as follows :-

<b>Sr. No.</b>	<b>Name of work</b>	<b>Date</b>	<b>Time allotted</b>	<b>Remark of the Parents</b>	<b>Signature of the Parents</b>
1					
2					
3					
4					

(2) Take up cooking at home. Give a record of atleast 4 dishes you made. Get it signed by the parents and submit it to school on a suggested performa which is as follows :-

<b>Sr. No.</b>	<b>Date</b>	<b>Brief description of the dish made</b>	<b>Appr. Time taken</b>	<b>Appr. Expenses</b>	<b>Consumed by number of people</b>	<b>Parents Signature</b>
1						
2						
3						
4						

(3) Students have to do any One Art and Craft Activity out of the following ;

- Making mask
- Making pen/pencil stands using old containers/bottles
- Making gifts bags of paper/simple paper bags/envelops using old newspapers
- Making candles holders/toothbrush stand
- Making table mats using old cloth pieces/paper/jute thread/rope