

# KENDRIYA VIDYALAYA KHAMMAM

Date: 27.09.2019

Dear Parent,

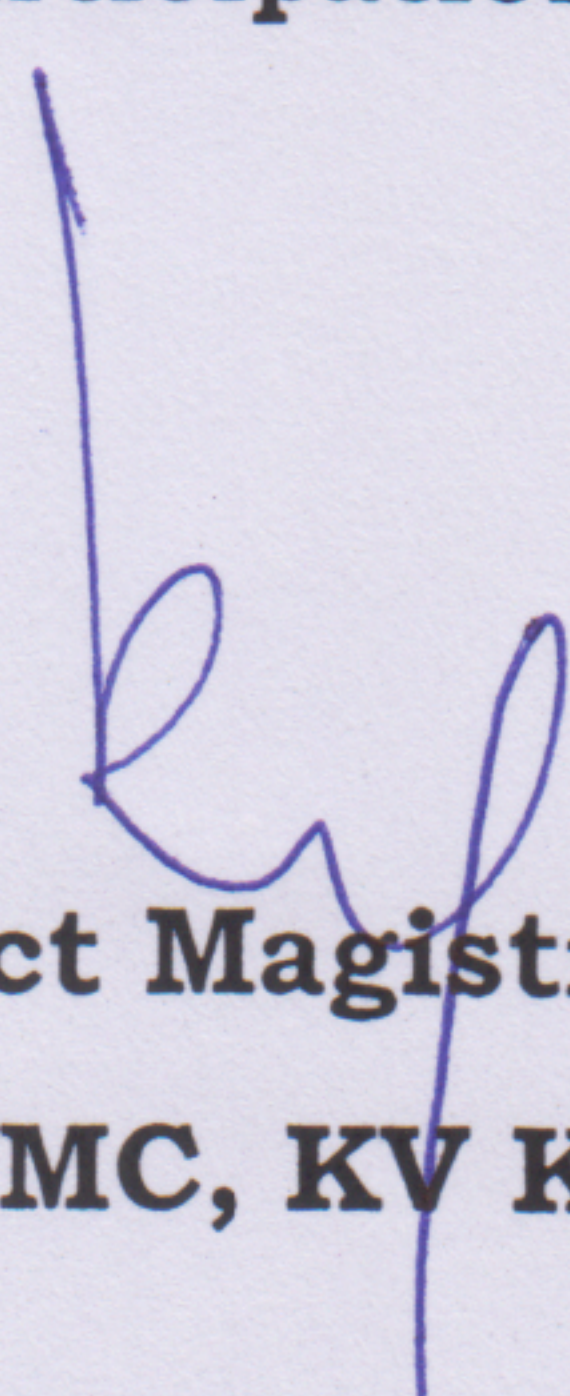
We all are aware of the ill impacts of excessive use of plastic that poses a great threat to the environment. In this regard, The Government of India has taken up various programmes to sensitize people on different Environmental and Health issues. Our Vidyalaya too is joining hands with the efforts of the Government towards "Creating A Healthier and Better India".

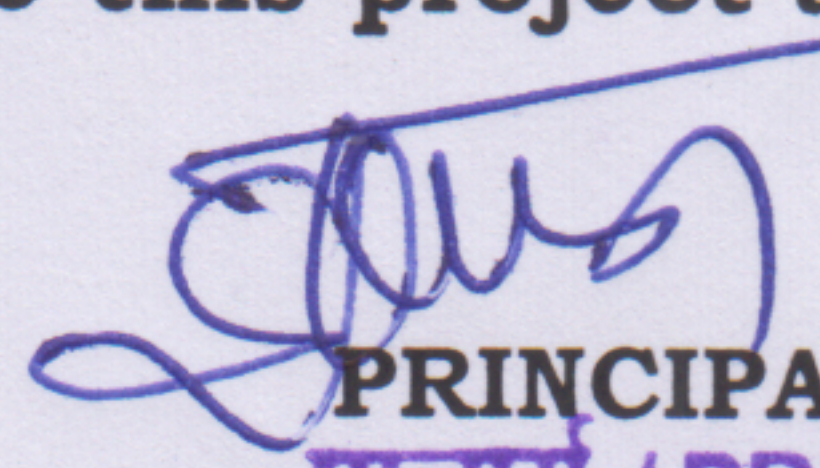
In this regard, we also invite all the parents and members of the community along with the students to join 'Mission Plastic-free KHAMMAM'.

**As part of this, various programmes are planned like-**

- 1) **Fit India Plogging Run** - This Vidyalaya is organizing "Fit India Plogging Run" on 2<sup>nd</sup> October, 2019. All are invited to join the Plogging Run which includes Jogging/Walking, collection of plastic waste and sensitization of people against the use of Non-Recyclable or Single use plastics.
  - We also appeal to every member of the community to avoid the use of Single use plastics and Thermocol which is banned from 2<sup>nd</sup> October, 2019.
- 2) **Save Water Campaign** - We are also adopting measures to conserve water and is focusing on "**Every child to take up the activity of saving at least one litre of water every day at home & in the school**" and also to spread the message to the family members.
  - In this regard, we request you to provide a water bottle to your ward as lot of water gets wasted while drinking water directly from the water tap. Also please advise your child to inform any leakage of water immediately to concerned authorities.
  - Please do not run the tap continuously while brushing, cleaning the vegetables, washing the clothes etc.,
  - Please use the waste water from your Air Conditioner for watering the garden plants.
  - Put a plastic bottle in the toilet water tank which reduces the flushed out water.
  - Please do not run the hose pipe while washing cars and other vehicles, instead a bucket of water can be used.
- 3) **Fit India Campaign** - With the changing technology and sedentary lifestyle health and fitness has become a matter of great concern among children and adults.
  - Please avoid giving junk food to your child and do not send the junk foods to the school in your child's lunch/snack box.
  - Please ensure that you are giving green leafy vegetables twice in a week to your child.
  - Give Egg/Dal at least two days a week.
  - Encourage your child to participate in physical activities rather than sitting in front of the TV/Mobile etc., which leads to obesity, visual problems etc.,

**Your kind co-operation and active participation is solicited to make this project a success.**

  
**Collector & District Magistrate, Khammam**  
**Chairman VMC, KV Khammam**

  
**PRINCIPAL**  
**प्राचार्य / PRINCIPAL**  
केन्द्रीय विद्यालय, खम्मम - ५०७ ००३  
Kendriya Vidyalaya, Khammam - 507 003