

# TEAM - 182



## SAN ACADEMY, PALLIKARANAI

### PROBLEM CHOSEN

**“LESS WEIGHT - MORE KNOWLEDGE(CREATIVE  
WAYS TO REDUCE THE WEIGHT OF THE SCHOOL  
BAGS)”**

### STUDENT' S NAMES

Tharun Adithyan Y

Sreya Anand

Shreenithi G

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## VISION

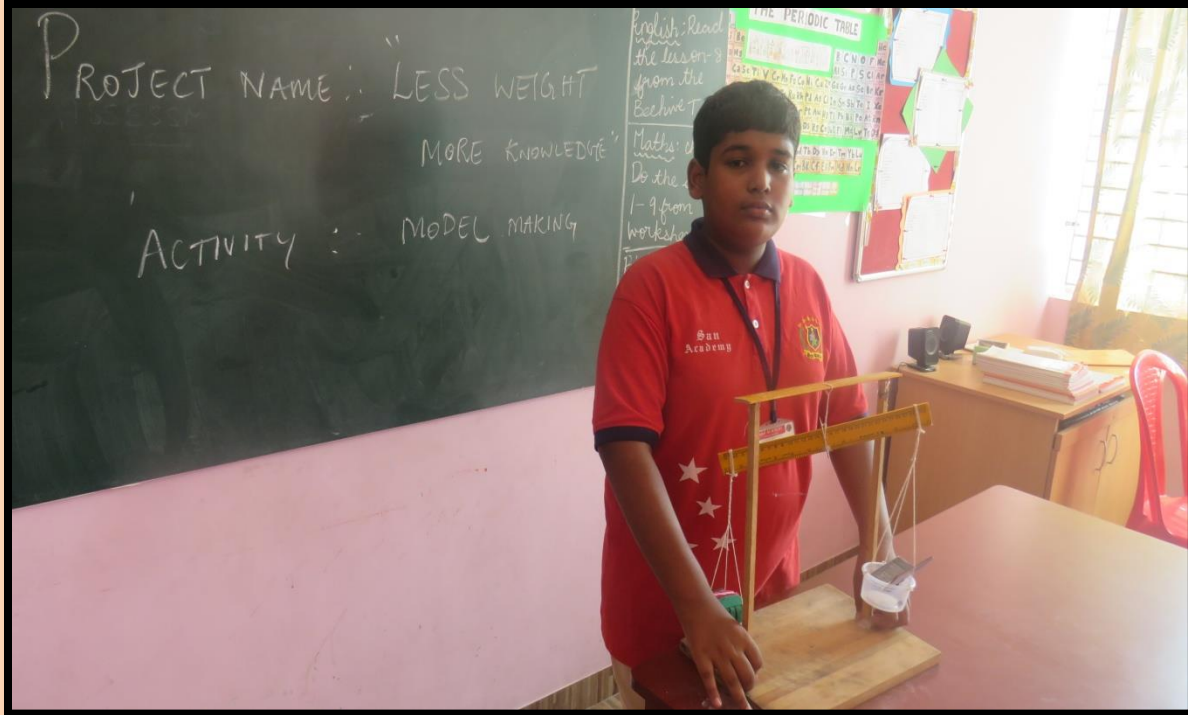
Heavy school bags are a serious threat to the health and wellbeing of the school students. It has a severe adverse physical effect on the growing children which can cause damage to their vertebral column and knees. Measurements of body weight and schoolbag weight were taken and completion of a daily Body Discomfort Chart (BDC) survey was conducted over the five-day period of one school week. Fifty-seven students, mean age 13.1 years, successfully completed the five days of objective testing. Improper carrying school bag exposes the students to risk of postural problems and early fatigue as well. Increasing the weight of students' bag or backpack change the body posture and musculoskeletal system needs to respond properly in order to compensate for this stress [6]. In addition, carrying school bag on one shoulder or hand causes lateral curvature of the spine and increases the pressure on the opposite shoulder and hand and carrying school bag or backpack on both sides increase bending the trunk and forward the head posture and consequently musculoskeletal pain.



## MISSION

Our Students prepared the balanced model that gives an idea about “ LESS WEIGHT- MORE KNOWLEDGE” which depicts that weight will be more on the less model side .More knowledge can be gained from the E-NOTES rather than the notes written in notebooks and text books.



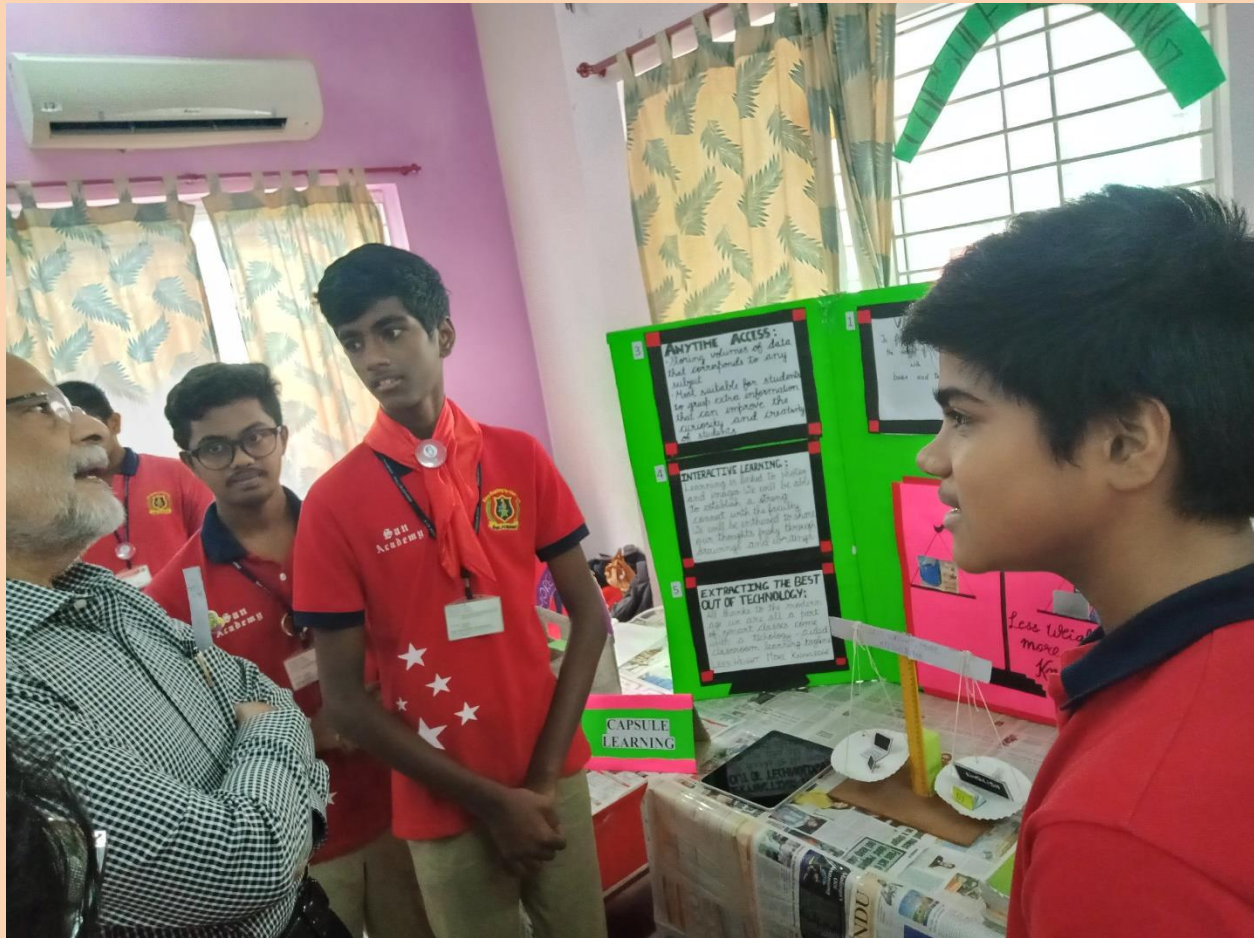


### AWARENESS PROGRAM DURING PROJECT DAY:

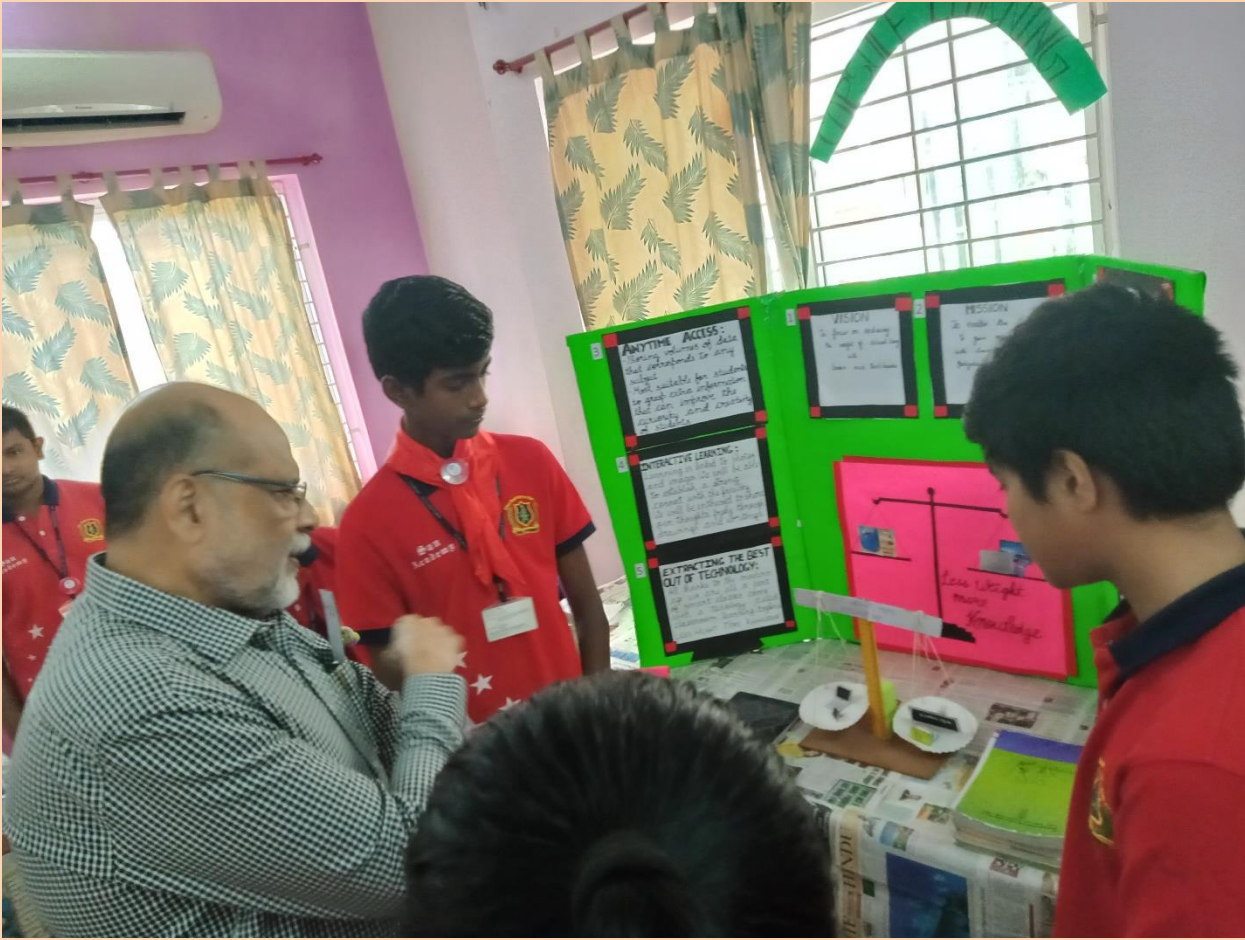
During the project day, our students explained about the e-learning and its advantages to the public by preparing models, and poster.. The advantages of e-learning as follows:

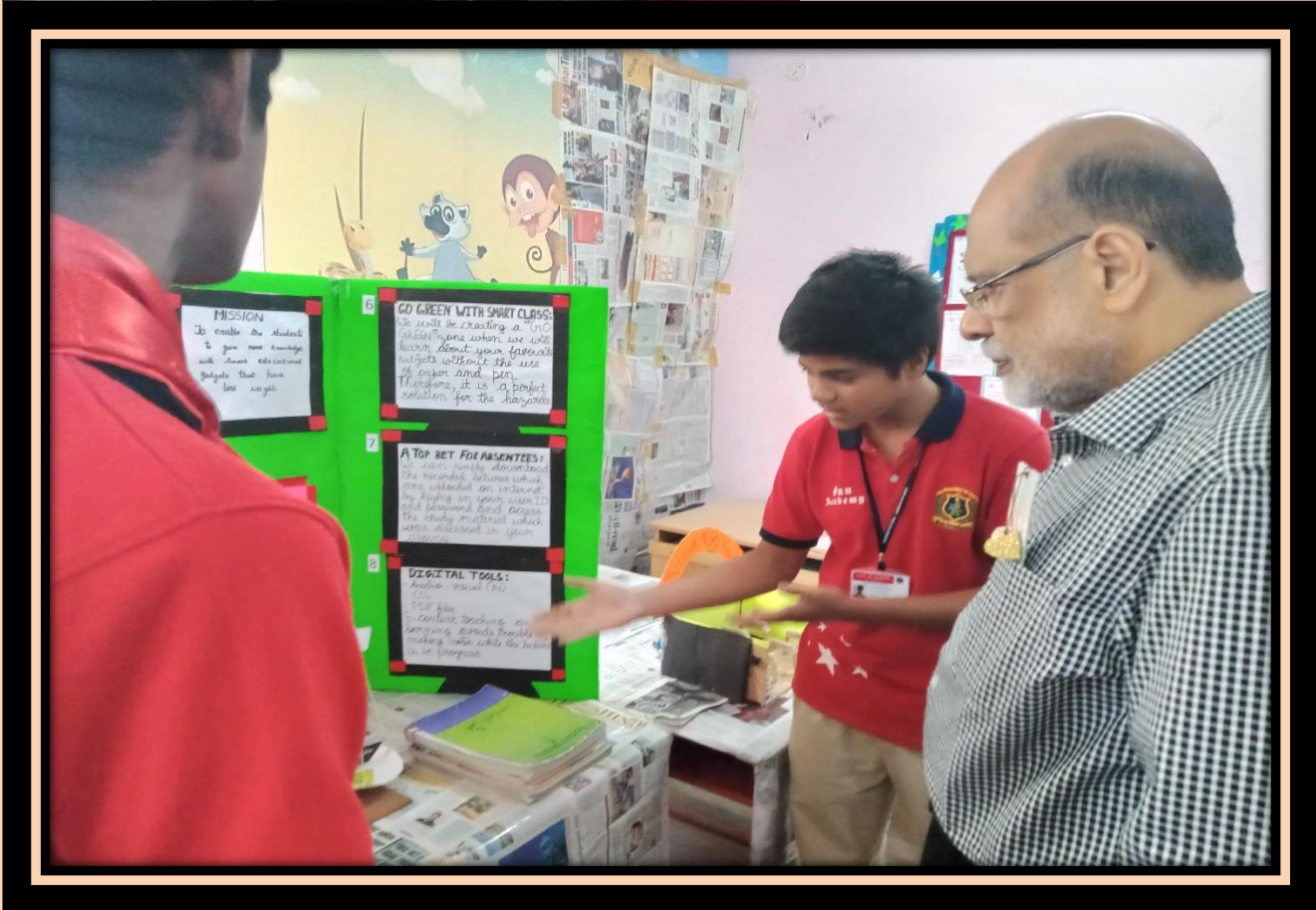
1. Anytime Access to The Expansive World of Online Information
2. Digital Tools Help Students Understand The Topic Better
3. A Top Bet for Absentees

4. Interactive Environment Favors Better Learning
5. "Go Green" with Smart Classes
6. A Perfect Option for Students with Different IQs
7. Ease of Maintenance
8. Extracting the Best Out of Technology
9. A Fillip To Academic Performance
10. The Fun Element to Learning











## CONCLUSION

Teachers do not simply impart information and knowledge; teaching is not merely about systems, facts, figures and certainly does not exist to promote insularity and lack of social interaction.

It is because the teaching profession is the complete antithesis to all of these ideas, that my argument is strong and compelling. The internal structure and all arrangements of traditional and classroom space does not go with digitized changes occurred in educational system, its methodology and current scenario of social context. Smart classrooms rethink and consider learning space and learners' expectations along with resources and methodologies of teaching learning.

Because of technological world, we focussed on e- learning which reduces the weightage of school back and the same time imparting more knowledge.

E-TEACHING === SMART

