

Date: - 04th Nov'15

Ref. No:- SPACE/DEL/ACS/SWH/2015-70/15-3317

SPACE Explorers Workshop on Space Agents

Salwan Public School, Mayur Vihar, Delhi

October 28, 2015

SPACE Explorer workshop is a collection of one day programs which focus on teaching Space Science and Astronomy to students through practical hands on experience. The students get an out of textbook learning experience, which help them develop their knowledge base as well as life skills.

- They are involved in group activities which inculcate team work and leadership skills.
- They are made to answer critical thinking questions which inculcate logical reasoning skills.

The whole philosophy of the workshop is

I do - I understand

I understand – I learn

Introduction

A workshop named “**Space Café**” was conducted in Salwan Public School, Mayur Vihar, Delhi on October 28, 2015 for students of grade 3-5. 55 students attended this workshop. The duration of the workshop was 90 minutes.

Participants were divided into teams of 5 members each. Each member was assigned a task to contribute towards preparing Astronaut’s Food tray. At the end, students calculated the calorie of the food they assembled for Astronaut to get an approval.

Students really enjoyed doing activities that helped them to assemble the Astronaut’s food tray.

Learning Outcomes of the workshop

1. Students understood that all the food that we eat belongs to one of the food groups such as Carbohydrates, Proteins, Fats, Vitamins and Minerals.
2. All these components must be present in the right proportion in a meal. This meal is then called a balanced diet.

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3. Factors that help in choosing which food items are to be sent in space depends on the likes and dislikes of an astronaut (as choices vary from one region to another), the shelf life of the food item, the portion that can be consumed at one time (so that there are no leftovers to avoid contamination) and least volume of the food item, spoilage.
4. They learnt about special packaging that is done to send food in space.



Nutrition experts picked up food items for Astronauts



Spice Engineer prepared spice solutions for Astronauts



Food Engineers prepared drinks for the Astronauts



Students learnt how astronauts eat food in ISS

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Food organizer prepared the food tray for astronauts



Health Organizer calculated the calorie count of the food prepared for Astronauts

SPACE team got a wonderful feedback from the school the school coordinator and other teachers as attached below.

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Teachers Feedback Form

Date: _____

PARTICIPANT INFORMATION

Name: SEENA NAGPAL School Name: SALWAN PUBLIC SCHOOL
 Workshop Name: Space Cafe
 Contact No. 9971566004 Email Id: nagpalseema74@gmail.com

FEEDBACK

1. Timely reporting to school YES NO

2. Timely communication by educator (before and during workshop) YES NO

| Please tick the appropriate option | 1 NEEDS IMPROVEMENT | 2 GOOD | 3 VERY GOOD | 4 EXCELLENT |
|--|--|--|--|--|
| 1. Conduct of Educator during the session | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Educational content of workshop according to the level of students | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Conduction of workshop by educator in terms of : • Body Language • Energy • Strategy and management • Class control | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| 4. Conduction of workshop by Junior Resource Person • Pro activeness • Followed instructions • Friendly with the kids | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| 5. Activities conducted during workshop : • Relevance • Fun factor • Promoted participation of students | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| 6. Educator's ability to attend to the queries of students | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 7. Overall response of the students | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |

8. Special remarks about the workshop
Students actively participated in the workshop

9. Scope of improvement (if any)

Thank you for your valuable feedback as your feedback is important and adds value to our organization.

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Submitted By:

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Educator
SPACE