

Social Service, Health and Lifeskills and Value Education 2014-2015

Social service, Health & Lifeskills education has been an integral part of our school curriculum for classes 6th -12th focussing on developing human and moral values, healthy attitudes, and strong lifeskills thereby making young adolescents aware, empowered and responsible leading to their overall physical, mental, and emotional well-being .

- 100 students of classes Xth and XIth volunteered as writers for the blind and dyslexic students in their board exams and DU exams.
- 100 students of classes Xth and XIth visited the slum Sunder Basti, Blind school, Old Age home and Disabled Cheshire home as a part of their social service activity.
- Our students from classes 6th -10th were involved in the “Vastra Daan Campaign for N.G.O Goonj, and donation campaign “Spread the warmth” for collection of woollens and underprivileged organized by HT Pace and Godrej. A donation drive “Umeed Ki Diwali” was also carried out during Diwali to collect old books, toys, bags etc.
- 25 students from classes 6th -9th along with their parents and social worker Mrs. Narang participated in the 2nd Cyclothon organised by Indian Cancer Society And Hero Cycles to promote message “Get Fit and Stay Fit”. Our students interacted with famous cricketer Gautam Gambhir and sprinter Sunita Naryana and met 60 small children suffering from cancer thereby developing values of empathy and compassion.
- 15 students from classes IXth - XIth participated in the annual inter-school Adolescent Festival “The Grand Adolescent fest” at the National Science Centre organised by Expressions India under Dr.Jitendra Nagpal . The core theme was “Life Skills and Values for Effective Career Choices” our students participated in many events. Samidha Tiwari of Xth won special prize in jingle making on Gender Equality and our street play on “Changing Adolescent sexuality” won 5th prize.
- **CBSE Peer Education Training Programming** 16 students of class Xth along with the lifeskills, yoga and art teachers attended a series of 4 workshops organised by CBSE and Expression India at National science centre focussing life skills, values, substance abuse awareness, Anger management, career counselling, mental health & adolescent issues .
- **Peace club activities** : 12 students along with social workers Mrs. Sangeeta Narang participated in Annual Inter-school peace Assembly at Air Force Bal Bharati Public school to commemorate Hiroshima Day. They presented a skit, poems & art expressions on peace, anti- terrorism, communal harmony nuclear disarmament and demilitarisation. Students of classes 6th -10th participated in intra school poster making , poetry and debate activities as a part of peace –week celebration.
- **50 students of class Xth and 2 teachers** - Mrs.Narang and Kalpana Grover visited the Health Exhibition at A.I.I.M.S titled Better Health Better Life and were enlightened on topics – healthy nutrition, yoga, stress management, heartcare CPR Training, oral & dental health, eye & organ donation, tobacco awareness, cancer awareness etc. and provided pamphlets and posters.
- On World Mental health day , CBSE, NPSC and Expressions and India organized an Anti-Bullying Campaign “Towards bullying free schools” and our 2 students along with social worker Mrs. Narang participated in seminar, skit and art competitions and took Anti –bullying pledge.

- Anti Bullying cell was created and 20 student volunteers from psychology sections were trained to carry out workshops on Anti-bullying awareness in classes 6th -10th. Posters made by students were displayed on class bulletin boards, and Anti-Bullying pledge was read in classrooms and skits conducted in assembly.
- Painting Competition was conducted for classes 4th -9th under the national campaign on Energy Conservation by Union Ministry of Power in association with bureau of energy efficiency. 1200 students participated in it and were awarded for best entries.
- 60 of our students along with art yoga teachers participated in the yoga and poster making competitions at the MTNL perfect health mela organized at Talkotara stadium by Dr. K.K.Aggarwal –eminent Cardiologist and Padamshree from Heart Care Foundation focussing on health issues and overall wellbeing of children.
- 400 students of classes IXth & Xth were and provided awareness on prevention of cancer through lifestyle changes, value of hygiene, healthy nutrition, ill effects of tobacco and alcohol, importance of cleanliness and sanitation, by health workers from Cancer Aid Society. Girls were made aware of growing incidence of breast and cervical cancer and precautions for its prevention.
- 16 students from classes X and XI th volunteered in the “Teach India” project of the “Times of India “ group titled “Enhancing spoken English skills of school non teaching staff and EWS children and promoting volunteerism in High school students” students were trained by Times group and British Council of India and participated in summer and winter break community mobilization projects.
- 4 of our students won the Primerica Spirit of Community Awards initiated by ICICI Prudential for dedicated social service and commitment to society.
 - Tanmay Naith – XI F (Silver Medal)
 - samiksha Katyal – XII K (Silver Medal)
 - Kanupriya Aggarwal – XI F (Bronze Medal)
 - Shreya Ahuja – XII L (Bronze Medal)
- Our students participated in the Trianga Badge Awards – an initiative of Flag Foundation of India to inculcate a sense of service and patriotism towards our country. Our school received the “Gold” award for social service and health awareness activities and 18 students receive silver & bronze awards & 2 students – Tanmay Nath(XI F), and Kanupriya Aggarwal received Gold award in individual category.
- **Sanitation and Cleanliness awareness:**The students of classes 6th – 10th were involved in various activities – discussions, songs, poster-making presentation and skits on issues of health hygiene, cleanliness of schools, home, surroundings, toilets, safe drinking water, prevention of diseases & regular hand washing & effective waste management as a part of CBSE directive & manual on “Swachh Bharat Vidhayala” was used in classrooms.
- Our 2 students of senior school along with Mrs. Narang participated in the Anti tobacco Interschool Declamation and Painting Competition being hosted by D.P.S. R.K. Puram School and World Heart and Lung Foundation on topic “Tobacco Route – U journey to Death”. Dr. Harit Chaturvedi, Head Oncology of Max Hospital empowered the students on ill - effects of Tobacco along with Dr. Shyam Agarwal, Chairman Oncology of Gangaram Hospital.
- On World Diabetes Day(14th Nov.), our 15 students of classes IXth & Xth along with health counsellor Mrs. Narang participated in the interschool Quiz and skit completion, on topic “Healthy

Living and Prevention of Diabetes” at the PHD Chamber of Commerce Organised by WHO, HRIDAY & PHFI.

- On “Human Rights Day”(10thDec.) – 4 of our students of class Xth along with counsellor attended a study group meeting at Indian Social Institute on “Rights of the Girl Child” and interacted with founder of women rights NGO Jagori, a social activist and feminist “Kamla Bhasin” on gender issues, equality and women empowerment.
- 7 of our students and 2 teacher Counsellors participated in 3 day CBSE international summit on Life Skills, gender, health & values in collaboration with Expressions India at Summer Fields school. Our students participated in exhibition, Quiz, Jingle making, art & extempore and won 1st prize in theme song on gender issues, & Special Jury award in Jingle making, Quiz & Eloquotion.
- “Madhav Bagai” of XI E won 2nd Prize for Photography inter-school competition on social issues at R.D Rajpal School, Dwarka.
- **An intraschool life** – skills, gender, health and well being event “Aashaein” was organised for students of classes 6th – 10th. 200 students participated in competitions – poster making, movie analysis, Ads Act, street plays on Anti-Bullying, Child rights, substance Abuse & gender equality.
- **All the students of classes 6th – 10th** were distributed the Diabetes Type I & Type II Awareness and Prevention manuals by the public Health Foundation of India.
- A group of 13 students of class 12th along with our yoga teacher Mr. Avinash Grover attended a seminar on Swami Vivekanand and value education organised by Ramakrishna Sarada mission, Haus Khas at IIT Delhi enlightening students on importance of Human values in education, its utility at work and its relevance to everyday life.
- “Parenting workshops” were organised for parents of middle and senior school which provided parenting tips on handling adolescent issues, and effectively tackling academic, behavioural, attitudinal and emotional problems of children.
- Our school social worker Mrs. Narang attended the discussion forum “Education for Peace and Role of school” organised by CNDP N.G.O. at India International centre to promote “Peace education” in schools.
- 2 of our teachers – Astha Mahajan(counsellor) and Kalpana Grover(Yoga) attended 3- day intensive training and a value orientation programme titled “Awakened Citizenship Programme” organised by Ramakrishna mission to promote “inculcation of good moral values in children”.
- The school counsellor Mrs. Astha actively participated in training workshop on “Decoding the inclusive curriculum” organised by AISCAP at Moolchand Medcity.
- Our school health counsellor Mrs. Narang attended the “National Convention of school counsellors on sexual behaviour of school children in changing socio- cultural environment” organized by ICTRC (Institute of counsellor training, research & consultancy) at India International centre.
- Our school counsellor & vice principal Mrs. Diksha Khara attended the 7th Annual Global Conference on Education highlighting the 3E’s of Education: Excellence, Engagement, and Ethics with Eminent educationists – Proff. Aruna Broota, Dr. Ajum Sibia(NCERT).
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- Our school counsellor Astha Mahajan and special educator Mr. Ehsaan attended 2 days AISCAP's National Conference on Convergence of special needs with counselling services in schools at Moolchand Medcity. Astha also made paper presentation on "Awakening the lost souls" – stressing the need for career counselling for special needs children, vocational skill training etc.
- Our special educator Mr. Ehsaan attended a counselling forum on "Obsessive Compulsive Disorder in school children" at Fortis hospital under Dr. Samik Parikh.
- A workshop on "Cervical & Breast Cancer awareness" was organized by NGO Cancer Patients Aid Association in collaboration with Apollo Hospital for 200 female teachers. Dr.Sapna Minocha, Radiology Oncologist of Apollo Hospital conducted the workshop & suggested Mammogram for women above age of 40 for its prevention.
- The Diabetes Awareness Training workshops were organised for 200 teachers of pre-primary, primary, middle and senior school by eminent doctors Dr. Monica Arora and Dr. Gaurang from Public health foundation of India & training manuals on Type I & Type II Diabetes and its prevention were provided to all the teachers.
- **Value education was imparted for developing moral & ethical values** – honesty, truth, compassion, anti-corruption, patriotism, secularism, respect for others and environment.
- **Health & Nutrition education** was imparted to all the students focussing on promoting a balanced diet use of whole grains, fruits and vegetables and say 'NO' to junk food in order to prevent obesity, Diabetes ad Cardio vascular disease. Regular & surprise Tiffin Checks were done to promote healthy Tiffin, an healthy nutritious food & drinks were promoted in the canteen and Mother Dairy outlets.
- As a part of life skills and value education, silent sitting, prayers and mediation sessions were practised. Focus was on awaring children about growing up & adolescent changes, substance abuse and anti- tobacco awareness, HIV Aids and child rights education, gender equality, ill effects of media, anger & aggression management, career counselling, POCSO Act (Prevention of child sexual abuse), exam & study skills, first aid & medical emergencies including CPR Training.
- Child counselling, guidance, referral services, special services, and parenting sessions were organised for children with academic, behavioural, and emotional problems

Sangeeta Narang