

The Indian School Sadiq Nagar, New Delhi

Gen Z - the next generation has the capacity to take over the entire world and lead it to what we know as either Heaven or Hell. People correctly characterise young minds to be as impressionable as wet clay - give them any shape and they will stay the same forever. But, people often fail to understand, that an earthen pot gets hard enough to hold water, only when it is given the correct structure to support itself. Similarly young minds are the **young leaders** who will lead a change in this world.

Schools - the workshops for constructing robust young minds, must never be neglected. The notion is that the children are too young to fathom the cruelties of the world. It must always be remembered, that young children and adolescents are indeed the most vulnerable to such cruelties which can break them and their dreams into **shards**, which in turn might pierce and hurt them.

Safe schools are those where the children are taught not just to excel academically, but to rise and shine in a holistic perspective. This can only be made possible if we protect the wellbeing of our children, their safety and their inclusivity in a diverse population. Schools must provide a safe environment for them to learn and strive to grow. Such schools, will harbingers as the "**Temples of Modern India.**"

Our young leaders need to be safeguarded from activities which might have a deep and damaging impact on them - either physically, psychologically, or both. Their security lies in the hands of their teachers and the school management.

We, at The Indian School, ensure that our children learn to not hesitate to do what is right for undue fear of society. We have a **School Safety Committee**, which regularly conducts safety drives to ensure that the structures in and around the school are safe. This committee not only comprises of teachers, but also parents, students and supervisors. We also have an **Anti-Bullying Committee**, also comprising of the above stakeholders. A **Bully Box** has been placed at an appropriate location to receive complaints against incidents of bullying. Such cases are dealt with seriously.

The school also conducts a special redressal campaign - "**You Talk, I Listen**" where the children can freely come and express their concerns and grievances; and can also seek solutions for the problems they face. To build awareness on the issue, School observes "**Mental Health Week**" each year. Through various activities the children are taught that it is 'okay to not be okay' and that they should always stand up and talk about problems. Problems left to collect internally have very damaging long term effects. Several **workshops, by eminent scholars from across the country**, like Ms Surani Maithripala, Mr Rakshit Tandon and the Delhi Police to name a few - have been conducted to sensitise students about the effects of cyber bullying and how to stay safe on the internet.

Schools around the globe are now mostly co-educative and inclusive. But, the true purpose of co-education schools is to eliminate the gender disparities which persist across all sections of our society. Our young leaders should be taught to differentiate between a male and a female **only biologically and** not based on unjustified and irrational stereotypes prevalent since the inception of civilisation. When issues relating to menstrual hygiene and sanitation are de-stigmatised among the boys, then alone will we be able to achieve a gender neutral society.

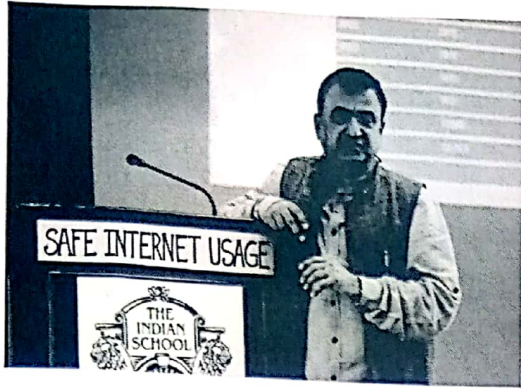
The members of the Student Council of The Indian School regularly conduct **workshops** with students of classes 6 to 12 to make them aware about the issues which might trouble them during adolescence. The special Citizenship period under the aegis of the **Citizenship Programme** of the school covers a variety of topics which can broaden the students' perspective and enhance their thinking capacities. There are regular **Street Plays** performed by groups of our students in prominent public places, sensitising the general public about social issues like violence against women, hygiene etc.

The earth is an invaluable asset on loan to us from **our future generations**. It follows that we must own our responsibility to preserve it, if not improve upon it. A degraded environment, polluted water and soil, communal disparities and riots, unsafe streets - all these might have become factors to which we have acclimatised, but our young leaders should fall victim to this. The society degrades further - much to the dismay of the vision of Gandhi, Nehru and Ambedkar. It is only our young leaders, who by re-envisaging the footsteps of such luminaries can upgrade the standard of lives across the globe.

Through the Citizenship Programme, students are taught to believe in actions - which are often louder than words. The students often conduct '**Spot Fixing**' campaigns in order to restore vandalised public spaces. Various cleanliness drives and rallies are conducted to increase awareness public hygiene. Recently, an innovative initiative was undertaken by students to make the school **Garbage Free through Waste Management systems**. If waste is segregated at the classroom level, then its further segregation doesn't become a cumbersome process and less waste reaches landfills.

The school has also **adopted the Defence Colony Market**, taking care of its sanitation, beautification and maintenance. Several spot fixes, street plays, door-to-door awareness campaigns and cleanliness drives have helped us set an example for others to learn from. This initiative has received a warm response from the local authorities.

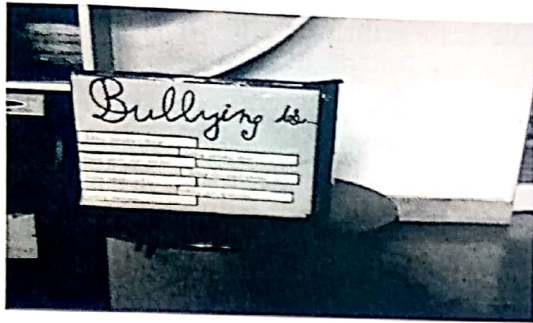
Work speaks for itself. We, at The Indian School, make consistent efforts - which might be as tiny as drops of water, but when put together make for a wave which has a cascading effect. As we know, the journey of the million miles starts with a single step - let us therefore motivate the millions to take these small steps, even as we seek out the best.



Mr Rakshit Tandon conducting session.



Stop and smile banners to promote mental health



Bully box to address the bullies



You talk I Listen to reach to problems of all



Peer education sessions by peer educators.



Peer mediation session to resolve the issues



Campaign for climate change and waste segregation



Sessions for awareness of mental health