DELHI PUBLIC SCHOOL
Hyderabad
DIPSCOOP – A Special Edition
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HITOSHITHA – *A Social Outreach*

The greatness of a community is measured by the compassionate actions of its members.

We, at DPS, Hyderabad follow the principle that a responsible Samaritan should give back to the community through services that help fortify our society. Learning begins at an early age. Thus, it is important to inculcate certain values in the students and ensure they take pride in being part of the society.

To evoke passion in students and make them aware about their social responsibilities DPSH family immerses the students in an environment and culture that nurtures a feeling of brotherhood, gratitude, respect, and love for their family, friends, and society. Students are exposed to activities and outreach programs through the Interact Club that aims to develop students into empathetic, compassionate and good human beings.

As a part of our social awareness programmes, the students are taken to nearby orphanages, old-age homes and suburbs where they volunteer and aid the residents in keeping their surroundings clean, environmental conservation drives, personal hygiene and happiness drives in old age homes, projects to eradicate social evils and issues that they feel strongly about.

The Interact Club in association with the HR department at DPSH has worked throughout the year to ensure that the students and well as the staff understand their responsibilities towards a better India. The school believes in empowering every individual so that they can serve their country.

March

Celebrating a safe HOLI

In the current academic session 2019-20, students of Interact Club along with the other students of the school organized its first activity, which was to create awareness about playing a safe Holi.

During soul time, Tanish Goel, Head Boy and Shavika Kapoor, Head Girl spoke about the dangers of chemical colours being used in Holi. They urged all the students to play dry Holi with organic colours to minimize wastage of water and pollution.

They also informed about the medical benefits of using organic colours.

During the school hours, students of Senior Secondary wing went to each section of classes I to IV. They talked about ways to celebrate this festival in a safe manner. They also explained to the students how they could make their own gulal and colours for the upcoming festival. It was a very interactive session and appreciated by all.

Wellness Drive for the support staff

A Wellness drive was organized Delhi Public School, Hyderabad on 30th March, 2019. As part of the *Women Health and Hygiene* project, a group of students from class XII conducted an interactive session with the female helpers and support staff of Block 'A'.

This session was about women's health and hygiene with special emphasis on menstrual hygiene. Students talked about good sanitary habits and steps that can help to lead a clean and healthy life. They explained about the dangers of infections and complications arising because of unhealthy habits. They spoke about the causes as well as the precautionary measures to be taken to maintain hygienic and thus a healthy life. Sanitary Napkins were distributed to all attending support staff. These napkins have been donated by all the teaching staff of the school.

Students discussed about some simple, practical and cost-effective measures like bathing with neem-soaked water, use of readily available medicinal herbs, Ayurvedic solutions. The students also spoke about the need to keep our body hydrated and advised them to drink lots of water to beat the summer heat and maintain a healthy body.

During the interactive session, in response to different queries, tips were given on ways to manage time and have food, water during busy work schedule.

The support staff thanked the students for sharing all these useful information and tips with them. They all promised to follow the guidelines provided and lead a better and healthy life. Overall the drive was a huge success.

June

<u>Inter-Interact Collaboration</u>

The Interact Club of Delhi Public School, Hyderabad undertook the initiative of forming a collaborative network with schools across the city with similar objectives to try and execute larger scale projects. This led to the conduct of the first ever Inter-Interact Collaboration, under which students of DRS International, Meluha International and Rockwell International Schools had a head-on discussion and meeting regarding the project proposals to be executed under the first edition of the same.

July

Anti-Bullying Campaign

Students of DPSH along with the ICDPSH RY 2019-20 undertook the Anti-Bullying Campaign starting July 15th, 2019 wherein students were introduced to the ill-effects of bullying, peer pressure and suppressive environments. Awareness was spread on how a positive surrounding could boost productivity, acceptance and efficiency of people and lead to the development of a better society. Additionally, an 'Anonymous Box' was set up on the ICDPSH's website (https://www.icdpsh.wixsite.com/home) where students could submit any grievance, experiences etc anonymously which could then be acted upon. Based on student response so far, the ABC has been highly successful.

One Child One Notebook

The ICDPSH undertook the One Child One Notebook Initiative on July 20th, 2019 for classes I to IV wherein the students prepared new notebooks by using unused pages from pre-owned books. These books were collected and donated to underprivileged children in need.

Food Wastage Awareness Campaign

Interact club undertook the 'Food Wastage Awareness' campaign starting 27th July, 2019 wherein posters were designed addressing issues like the implications of wasting food, and the food cycle to lay emphasis on the amount of effort and resources which are required to grow a single grain of food. These posters have been put up in the Dining Hall for students to see so that they remember these facts while taking food.

The ICDPSH RY 2019-20 organised the Installation Ceremony on 30th July, 2019 which was attended by the Students of Classes XI and XII along with 8 Rotarian guests who graced the occasion with their presence. The new ICDPSH Board was inducted and oaths were taken promising alliance to the club and another successful Rotary Year.

Kargil Diwas celebrations

The ICDPSH RY 2019-20 undertook the Kargil Diwas celebrations on 31st of July, 2019 wherein several competitions were held regarding the same for classes V to X including painting and essay writing. Students participated with full vigour and their work speaks of the nationalist sentiments and patriotism.

To commemorate the 20th Anniversary of Kargil Vijay Diwas, Delhi Public School, Hyderabad conducted number of events. The day began with the regular morning prayer followed by the soul time. Students spoke about the courage and valour of the soldiers. This was followed by the rendition of the Kargil tribute song over the PA system. In the pre- primary and primary section children spoke about the Kargil war heroes, sacrifices made by a soldier maintaining the sovereignty of this great nation and pray for their well-being. An hour-long quiz contest was organized for classes VII & VIII to enhance their knowledge about defence services with special emphasis on Kargil war.

A painting competition on the topic 'The life of Indian soldier during the Kargil war' was organized for students of classes V to X. An essay writing competition was organized for the students of classes IX & X. Students penned down their thoughts passionately.

The enthusiastic students of classes XI & XII presented a one act play on the life of a soldier during Kargil war. It left many with misty eyes.

The events concluded with a pledge by the students to keep the soldiers in their prayers.

August

Green Initiative for Independence Day

The Indian national flag is more than a piece of fabric as it represents liberty, loyalty and justice and also it marks the sacrifices made by the brave soldiers to preserve these ideals. Every year, after the celebration of Independence Day programme, we often come across small replicas of our national flag strewn all over the place, carelessly thrown away. This is an insult to the very symbol of our independence. Also, the plastic replicas add their fair share to the already existing menace of environmental degradation.

Keeping this in mind and to bring about a positive change, the Interact Club of Delhi Public School, Hyderabad has started this initiative of using eco- friendly flags. These flags have different seeds of various plants embedded within them. After the programme, the flags have to be soaked in water to start the germination process and then have to be planted in a small pot. It is completely legal and constitutionally approved for the burial of the tricolour. According to the Flag Code of India, 2002, there are two ways of disposing of the national flag, either by burning it privately as a whole or burying it. And we chose the latter to lend a helping hand to the environment.

To spread the message, students of Delhi Public School, Hyderabad organised an awareness campaign, on 14th August 2019. Students of classes XI and XII went to the junior classes (classes I and II), and interacted with the students stressing upon the importance of conserving the environment, need to reduce the plastic consumption.

To help spread the message effectively, small cotton fibre Indian Flags with seeds embedded were distributed to each student of these classes. The idea was to inculcate a sense of gratitude towards the environment and understand the need to conserve it.

Students were instructed to bury the flag under a thin layer of soil and water it regularly; resulting in the growth of small saplings. The initiative was met with immense enthusiasm by the students and teachers, who were more than willing to celebrate their country's independence in a very responsible and meaningful way. This way, students of grades I and II celebrated their 72nd Independence Day by showing their concern for their environment, and participated actively by taking a step further in restoring it.

Wellness Drive

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear." -Buddha

As UN former president Ban Ki-moon said - Saving our planet, lifting people out of poverty, advancing economic growth... these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women's empowerment. Solutions to one problem must be solutions for all. Keeping this in mind, a wellness drive was conducted by a group of Students from class XII for the female sub-staff of the school on 17th August, 2019.

During the session, students provided the lady support-staff with insights on topics ranging from sanitation to menstrual hygiene. They talked about different causes and symptoms of general conditions that occur from lack of health, while also sharing with them few tips and solution as to how these can be avoided. The importance of a balanced diet and breakfast was stressed upon and various precautionary measures were listed out. Some natural and effective remedies for common ailments were suggested which could be easily implemented by them. Overall, the session satisfactorily propagated the idea of keeping oneself healthy and strong.

Eco-friendly Ganesha festival

Students of DPS, Hyderabad has been promoting the Eco-friendly Ganesha concept for last two years. In continuation of this initiative, Students and Green Garrison students conducted an awareness campaign on the use of eco-friendly Idols and the ill effects of chemical colours, POP or harmful plastics.

Students spoke over the PA system about the impending danger created by these hazardous chemical pollutants and how we can celebrate the festival with same fervour using more eco-friendly options.

September

Traffic Safety Campaign

In India, more than 150,000 people are killed each year in traffic accidents. That's about 400 fatalities a day. This figure is more than the number of people killed in all our wars put together.

An analysis of road accidents data shared by the Hyderabad traffic police indicates that the city roads continue to be a death trap for road users. Till July 26 this year, as many as 646 lives were lost in 605 road accidents reported in the city.

On September 3rd, the Traffic Safety Awareness campaign was undertaken by the students of the Interact Club of Delhi Public School, Hyderabad. Students of grade IX and XI carried out this activity

The aim of the campaign was to make the commuters aware of the traffic rules which are broken by them every day knowingly or unknowingly and to make them realize the fatal consequences.

The campaign was spread out over two days. During these two days, Students with the help of traffic constable, managed the traffic during different time of the day, especially during the dispersal of our students. Each session was of 30 minutes during which the students went to the streets helping the traffic police to manage the traffic at the Khajaguda road. The students held various signboards which urged the commuters to drive slow, not to sound horn in the school peripheral zone, wear helmets and seatbelt etc.

The students even stopped the people who were not wearing their helmets or wearing seatbelts and requested them to use these.

This event was very different from our regular events but very helpful as it made us conscious of our attitude and behaviour. It trained us to deal with difficult situations in a positive manner with a smile. It increased the feeling of respect towards the policemen who without ever getting any appreciation, continues to manage the traffic systematically and help us reach home safely. It helped us to increase our confidence.

It also gave us a lesson as citizens of India about our duties for our own safety and that of others, to wear helmets and seatbelts whenever we would drive a vehicle in the near future.

<u>Health And Awareness Camp For Drivers And Bus Attendants.</u>

Interact club helped the school- management to conduct a health camp for the sub staff of the school on 20 the September,2019. A general health check-up was conducted for all support staff. Information regarding health, nutrition and hygiene was discussed as well.

Awareness Session for drivers and Supervisors

Students conducted an interactive session for the drivers and the supervisors on 21 September, 2019.During the session, the drivers and the supervisors were made aware of the safety rules that should be followed, through videos, presentation, etc. The students reiterated the importance of wearing seat belts, good communication between the driver and the supervisor, proper turnout and behaviour.

November

Anti-Bullying Campaign

As a part of the anti-bullying campaign undertaken by the Interact Club of Delhi Public School, Hyderabad, students of class IX made informative posters highlighting the importance of mental health. The students made posters to show various aspects of mental health problems right from its causes to the steps that can be undertaken to help achieve a better state of mind. Many posters highlighted the negative aspects of peer pressure and how

it is of late influencing the mental health of a child. Students elaborated on steps to maintain a healthy relationship with one's peers in their unique way.

Project – ' Spread the Smile'

As a part of their annual smile project, the interact club of Delhi Public School, Hyderabad collected various household items like grains, stationery, jaggery, oil, detergent bars & powder, liquid hand washes etc. from classes Nursery to XII. Students from classes VIII and XI went to all the classes to collect the various donations and sorted the things in different cartons.

The next step in this project was to sort these items based on the organizations they were going to be taken to. The organizations were Shishu Mangal, Anurag Human Services, Sai Old Age Home, Radha Kishan Balika Bhavan and a Zilla Parishad school. The students of the interact club worked under the guidance of Interact In-charge teachers Ms. Debjani and Ms. Radhika. They came together, during their school hours to group the collected items and pack them into boxes. The process of assembling them was done in a very disciplined and systematic fashion. Upon completion of this task, the students eagerly waited for their visit to these organizations.

Visit to Radha Kishan Balika Bhavan

The students of classes VIII and XI went to Radha Kishan Balika Bhavan to share the few things the students had collected for the students there, like drawing books, crayons, eatables etc. and to spend some time and interact with them as a part of the SMILE project. It was indeed a very enthralling and memorable experience for everyone. It was very inspiring to see how the girls there made optimum use of the limited facilities they had and did so many other activities apart from studying. Their structured routine and highly disciplined behaviour made everyone want to imbibe the same in themselves. The teachers of the hostel welcomed the students of DPS Hyderabad warmly and showed them around the school. The students mingled with the students during their lunch time and also helped the teachers to serve them

lunch. It was a very fun and learning experience for the students of DPSH and it was great to share our smiles and happiness with each other.

Testimonials

My experience at Radha Krishna Balika Bhawan was wonderful. I felt extremely positive to be able to interact with these girls. I learned the importance of discipline and hygiene in life. All the girls followed a very punctual and disciplined routine there. They did several activities. They would get up at five in the morning, do yoga, go to school, play many games like basketball, cricket, etc. They utilised their time to the fullest. They were very inspirational. The place had an extremely positive atmosphere. The girls too were very interactive and humble. We saw their classrooms as well. They maintained their places very well and they were very tidy and organised. The girls were very inspirational and a role model for all of us. I would like to thank the interact club for giving us the opportunity to visit the place.

Vritika D Vora
XI D

Visit to Anuraag Human Services

Students of Delhi Public School, Hyderabad went to Anurag Human Services as part of the SMILE PROJECT to spend time with specially-abled children and elders. Anurag Human Services brings experienced senior citizens and innocent little souls together like a family so that they can provide each other with the warmth that they need. Students of the club interacted with everyone there and shared their pain, spent some moments of joy and also gave them the promise that they are not alone. The students also took several daily use supplies and groceries.

Many of the students were overwhelmed with emotion and filled with gratitude for all the wonderful things that they have. Such experiences teach the young minds the importance of GRATITUDE in their lives and they look forward to many more such beautiful moments in the future.

Testimonials

The visit to Anuraag Human Services left a deep impact on me as I was made to think of the pain the old people were going through as they struggled to find a home away from their own home from where they had been forced to move out. The look in the eyes of the children made me feel that sometimes life is very unfair to a few. It is said that, “A helping hands are better than praying lips”. I wish that someday I am more capable than just feeling sorry for such people. One thing that has motivated me is that there were a few senior citizens who had accepted the reality and were making all efforts to keep themselves happy by engaging themselves in looking after the young kids. I think they are great humans from whom we need to take inspiration from. This also makes me believe now that, “The best place to find a helping hand is at the end of your own arm”.

Vandana Vadhera
Teacher, DPSH

Like most people, I was pretty apprehensive about visiting the organization, feeling that I might say or do something wrong. But all those thoughts left me as soon as I saw the welcoming smiles on their faces. Looking at the special children sing and dance, I learnt that we must never judge a person's abilities by their disabilities.

Everyone was talented in their own way and it was heart-warming to look at them perform for us with great enthusiasm and vehemence. It was gladsome to interact with the children who were content and happy to meet us. Talking to them, I realized the importance of trust, happiness, value of patience, unconditional acceptance and significantly the joy of unconditional love.

Namrata. M
XI-B

Visit to Shishu Mangal Orphanage

Few students of Grade VI and Grade XI visited the Shishu Mangal Orphanage as a part of the Smile Project to share various daily use necessities with them and cherish the moments of happiness.
At about 11 am the students left the school campus and reached the orphanage and spent quality time in playing various games with the children there and danced and sang with them.

The aim was to spread happiness among people who already face various problems in their daily lives and share what we have with them, and this was successfully achieved. The Interact Club students had a 'never before' experience. They not only had the purest form of their happiness, they also started to value what they had as much as they could.
All Interact Club students further look to visit such places more often and share to care.

Visit to Sai Old Age Home

Students of Grades VI-VIII and XI got the golden opportunity of visiting Sai Old Age Home located near Chandanagar where they were welcomed and greeted by kindness and warmth. They got the chance to sit and interact with the inspiring and beautiful souls of this place. Each of them had something valuable to share with us which they have learnt over the years. Most of them inspired the students in so many ways and made an impact for a lifetime. One thing that is admirable about them is their satisfaction and gratitude towards everything they have. They treated the students with their smiles and didn't reflect their problems even for a second. The wide smiles the students got in return for the gifts given to them totally made their day.

The above visits were indeed a very moving and memorable experience for all and was something which will be cherished forever. These visits made the students realize the importance and value of certain things in life that are taken for granted. It changed their perspective towards a lot of things and made the students more grateful for everything they have.

Testimonials

A sixty-year old's story is a story of hundreds of elderlies who are abandoned by so called young progressive India. A visit to Sai Old Age Home last month was an eye opener in more ways than one. Eroded family values are forcing young Indians to increasing consider their aging parents as burden; either to be ignored, neglected or abandoned. After interacting with more than a dozen inmates I felt that many of them were more or less settled with their situation but many others were frustrated probably still staring the gate, every day with moist eyes, waiting for their families to take them home. It's heart-breaking to imagine what they would have gone through.

The visit to an old age home was an absorbing experience for me as I came back home with many memories and some most valuable lessons of life.

Abandoned parents in old age home
Little did he know life is a vicious cycle
Years later same room got booked for him……

Tripti Varshney
Teacher, DPSH

VISIT TO KINNERA WELFARE SOCIETY FOR THE AGED

As a part of the Smile Project, about twenty students from classes VIII, IX and XI decided to visit the Kinnera Welfare Society for the Aged on 23rd January, 2020. As a custom in Indian Culture, the same also carried several commodities as gifts to Kinnera in order to honor the connections between the two organizations – ICDPSH and the NGO.

The students were welcomed by the students of the NGO. Feeling a natural connect towards the students of the NGO, the students immediately began to bond with everybody present there - The elderly were, in turn, happy to meet the team. What happened in the succeeding moments was sheer magic – the air was filled with joy and excitement – ghazals from the previous generation, evergreen advices, and sheer laughter. Delighted that someone had come to visit them, they openly shared their experiences and imbibed values to the students. The flicker of hope within their eyes rekindled the hearts of the students, who were ecstatic to learn more about the lives of the students and their experiences.

The students were then shown documentaries featuring the pain undergone by the students of the old age home and about the various other projects initiated by the NGO. As all beautiful stories end in a happy, yet seemingly incomplete ending, in this case too, the proud Students bid a farewell and left the old age home with a heart filled with overwhelming emotions – emotions of joy yet which were void. Overall, it was a very heart touching and overwhelming experience which changed the students' perspective towards the elderly and had taught them the importance of giving back, spending time, and respecting elderly.

Testimonials

My experience of going to Kinnera Old Age Home was an eye-opener. It was a very moving experience. I understood the unfortunate incidents that led them to that place. Conversing with them increased my knowledge of the world and their wisdom improved me as a person. Looking at their conditions of the rooms and house as a whole was life changing. Even though they were alone, they had each other. What made it special, was that they were all happy with their lifestyle and conditions and were happy to greet us and talk with us. They showed us a video of the founder and the good deeds she did. I returned as an enriched person humbled by my newfound respect for the elderly.

Anish B
XI-A

In the words of Muhammad Ali, “Service to others is the rent you pay for your room here on Earth.” DPS, Hyderabad believes in the philosophy of making her students aware of their duties; for teaching to count is fine, but teaching what counts is the best.