

## Sat Paul Mittal School celebrated Safe Schools' Week with variegated activities



Sat Paul Mittal School celebrated July 2021 as Social Studies Month for classes II-V through variegated activities like fastest finger first, Safe Schools Week, Stone Age Steam Challenge and Designing an yearly calendar. Various workshops were organised during the Safe Schools Week from 19<sup>th</sup> July to 27<sup>th</sup> July for the students of classes II –V to apprise our Satyans of the various aspects of danger, security issues and health and hygiene and to make them more aware of themselves and their surroundings. The first day of the workshop emphasized on health and hygiene where we had with us three

prominent doctors: Dr. Vikas Bansal (paediatrician) who delivered a general talk related to health. According to him, Maintenance of hygiene should be at both personal level as well as community level. Dr. Anushi Mahajan (Dental Hygiene) spoke about the importance of dental hygiene as well as the oral hygiene measures to be taken care of. She also apprised the students of the adverse oral habits. Dr. Harpreet Singh, a renowned eye specialist of the city emphasized that students should use bigger screens (laptops/ computers) as compared to the smaller screens as it is more stressing and the strain is too much. He concluded by saying that we should have a healthy diet schedule and should eat more leafy vegetables.



Cyberspace is the online world of networks and especially the internet. Cybercrime is increasing at an exponential rate. To make us aware about the security issues, a workshop on Cyber Security was conducted on the second day of the Safe Schools Week by Mr. Arun Soni. He is a certified Ethical Hacker (CEH) from EC council (US) and a Cyber Security Consultant, who is working for the cause of spreading awareness of Cyber Security. The workshop aimed to equip students to recognize and secure themselves and their computers from dangers lurking online. The road to destiny is more important than the destination. With this positive outlook, the third day of the workshop concentrated on Traffic and Road Safety where we had with us Deputy Superintendent of Police, Mr. Rajan Sharma who focussed on how to keep

our mind alert and active on the roads following the five golden rules for road safety. He emphasised that we should not use mobile phones, avoid honking unnecessarily, wear seatbelts while driving, do not jump the red lights and most importantly be courteous if you see any emergency vehicle passing by. The best security blanket a child can have is self-awareness. Considering the fact that cases of child sexual abuse are on the rise, an awareness session on 'Good Touch Bad Touch' was conducted on the fourth day by the renowned psychologist Ms. Avneet Kaur where she highlighted her concern over their "Safe zones". She explained the students how to differentiate and identify "bad touch" or other "uncomfortable behaviour" from others with the help of numerous examples. They were also given instructions on how should one react or respond in an uncomfortable situation. Disaster management is the plan to decrease the risk and to deal with unwanted circumstances. The last day of the workshop was conducted by our very own Satyan teachers on Disaster Management to make students cautious about various steps and drills to be taken during the time of earthquakes, fire and terrorists attack. It was indeed a fruitful week of workshops and proved to be beneficial month for one and all.

