

Atam Pargas Best School Award

The Basic function of academic institutions is to produce honest and responsible citizens capable of developing a prosperous society. Unfortunately, the current social scenario reveals that the need is not being met from our educational system and it needs reform. Atam Pargas Social Welfare Council has initiated planned activities to awaken the academia to take up the mission of developing students as 'Truthful Human Beings'. The best school that functions as per the scheduled plan is conferred on the 'Atam Pargas Best School Award (citation and amount of Rs. 25000/-)' during the Annual Educational Conference of the Atam Pargas Social Welfare Council.

The academic institutions can contribute to the development of prosperous society by functioning as guided below:

- 1. Organising an educational workshop:** The Principals are advised to organise an educational workshop of the teaching faculty on the topic 'Role of academic institutions in developing prosperous society' with the help of two video sessions available at the link (<https://atampargas.org/home/Downloads?qid=16>). The school management committee members shall be requested to grace the occasion. The video sessions shall be followed by discussion and collection of reviews of the participants on the prescribed proforma (available at https://atampargas.org/Uploads/cms/a04debdoc_Review_forms.pdf). The principal shall nominate two enthusiastic teachers as Teacher In-charge and Assistant Teacher In-charge to initiate the activities as guided in the video.
- 2. Registration of the academic institution:** Register your school at www.atampargas.org and start functioning as per the scheduled plan to develop students as truthful human beings. Ensure to update your progress regularly (at least once in 30 days) at the website.
- 3. Inculcating moral values among all students:** Provide a congenial atmosphere to all the students to discover within the spirit of universal brotherhood and inspire them to imbibe moral values from our rich heritage through the following activities:
 - **Prescribing Atam Pargas Publications in school curriculum:** Unique curriculum and resource material is the primary requirement to develop students as Truthful Human Beings. Atam Pargas has published value-based syllabus books of Punjabi, arts, drawing, moral science and social science for the 2nd to 9th standard students. The specially designed books cater to the subject needs while facilitating the inculcation of moral values

in the students without teaching a separate subject by separate teachers in a separate period. The amalgamation of values in school syllabus will make our educational system more effective. Include these books in school syllabus and make sincere efforts to convey the contents of the books to the students in letter and spirit.

- **Unique daily school assembly:** The daily school assembly shall be organized in such a brief and attractive manner that all the teachers and students shall be enthusiastic to learn something new every day. Only the role model speakers can bring change and thus inspire the assembly speakers (teachers and student) to be role models so that others can follow their advice. Keep delivering the following messages in daily assembly:

- ❖ Discuss any one statement from Gurbani with a message to apply it in daily life. 'Jeeveey Gurbani Naal' book series published by Atam Pargas provides good resource material for the purpose.
- ❖ Educate students for the development of drug-free society.
- ❖ Educate students about mitigating pollution and conserving natural resources.
- ❖ Inspire students to manually perform their daily domestic chores.
- ❖ Inspire students to help parents in household tasks.
- ❖ Discuss motivational messages from the history to inculcate the virtues of compassion and helping the needy without any discrimination of colour, caste, creed, sex or religion.
- ❖ Discuss the great history with the students on the historical days.

- **Respect Mother Tongue 'PUNJABI':** International Scholars agree that primary education shall be given in the mother tongue. Providing primary education in mother tongue facilitate physical and intellectual development of student and make them intelligent enough to easily learn other languages and subject with better proficiency. Therefore the schools shall make a congenial atmosphere to regard and respect the mother tongue Punjabi. The students shall also be proficient in other languages but not at the cost of the mother tongue Punjabi. Adopt the following guidelines to achieve the objective:

- ❖ Give special regard to Punjabi during the daily functioning of the school. Don't fine students for speaking Punjabi, rather

inspire students to speak different languages in their respective periods.

- ❖ Organise Punjabi writing and speaking competitions at class and school level.
 - ❖ The excellent Punjabi writers and speakers shall be honoured at the annual function of the school.
 - ❖ Conversation with parents shall be in Punjabi.
 - ❖ Ask students to make attractive inspirational messages to love and regard Punjabi. Fix these in classrooms, corridors, library, etc. and make students proud of speaking Punjabi.
- **Monthly Review Meeting of Teachers:** Organise monthly review meeting of teachers to keep inspired for the development of students as Truthful Human Beings. The meeting shall include special lecture by a teacher or a video lecture from series of lectures available at Atam Pargas YouTube channel (<https://www.youtube.com/playlist?list=PL19kviWx7nnVhi98GZp77x5M16A0C DUve>), followed by discussion, review of the progress and planning to meet the scheduled Atam Pargas programme to mentor students for developing a prosperous society. Inspire teachers to follow the teachings provided in Atam Pargas publications and become role models for the students.
- **Educational tours:** Organise unique educational tours. Make interesting discussions and provide a congenial atmosphere for students to imbibe virtues from the historical places of their visit. Inspire them to create a new history of the development of society with inspirations from their ancestors.
- **Organising unique Annual Function:** Vulgar dance, drama and songs under the banner of cultural programmes have destroyed the real cultural spirit of searching within and developing ourselves as Truthful Human Beings. Academic institutions can play a vital role to revert from vulgar culture to real culture through gentle presentations at school functions. The presentations shall sensitize the audience to love and speak mother tongue Punjabi, educate about the principles and glory of rich heritage and create awareness against social evils, for developing drug-free society, preventing environmental pollution and conserving natural resources.
- **Annual Gurmat Samagam:** Celebrate any Gurpurb or historical day in a unique way to teach students about the supremacy of Sri Guru Granth Sahib Ji as eternal Guru. Regard Sri Guru Granth Sahib Ji as the chief guest of the day by escorting Guru Ji to the stage with great pomp and respect. All kind of

duties and stage performances including parkash, kirtan, katha, lecture, poem recitation, ardas, hukamnama, preparation of langar, etc. shall be performed by students. The teachers shall assist and train students for performing these duties (Sewa) at their own. The message of doing Sewa with humility shall be duly delivered to the students. Parents of all the students shall be invited to attend the celebration. The students and parents shall disperse only after the graceful farewell to Guru ji.

- **Special Competitions:** Inspire students to participate in interschool kirtan, declamation, discussion, poet recitation, Punjabi writing, calligraphy, painting, clay modeling, turban tying, quiz competitions, etc. organized by other schools/institutions. Inter or intraclass competitions shall also be organized at the school level.
- **Physical fitness and self-defence training:** Educate students for physical fitness by
 - ❖ Educating them to take nutritious diet and exercise daily.
 - ❖ Inspiring them for early to bed and early to rise.
 - ❖ Making arrangements for empowering them in Gatka and other self-defence techniques.
 - ❖ Inspiring all the students to participate in any game. The good players shall be trained and encouraged to excel and compete further.
- **Realizing the importance of labour [Kirat] and charity [Sewa] :** Developing strong urge among the students to become selfless public servants can lay the foundation of the prosperous society. Inspire students to renounce selfishness and become selfless public servants of society by:
 - ❖ Sensitizing students to help their parents at home and teachers in the school in daily tasks. Teachers themselves shall become role models.
 - ❖ Educating them to respect and help one and all in the society.
 - ❖ Celebrating the birthday of Sri Guru Harkrishan Sahib Ji as charity day (Sewa Diwas). Organise visit of students to nearby hospital, old age home, Pingalwara or slum area. Help the patients, old, needy and poor people and pray for their wellbeing. Share the great history of Sri Guru Harkrishan Sahib Ji and eternal messages of Gurbani for their peace. Facilitate students to spend a full day with the needy people and sensitize them to never send their parents in old age homes, help the needy persons and try their level best to develop healthy and prosperous society.

- ❖ Keep sensitizing the students at different occasions and personal meetings to develop the virtue of compassion and inspire them to share their time and money (at least 10 % of earnings) with the needy.
- **Motivation for regular study of Sri Guru Granth Sahib Ji:** Motivate all the students and teachers to regularly study Sri Guru Granth Sahib Ji with love and devotion. Inspire them to follow the teachings of Gurbani in daily routine. Practicing the vocabulary taught in Atam Pargas publications will facilitate understanding and applying Gurbani in daily routine. 'Sri Guru Granth Sahib Darpan' authored by Prof. Sahib Singh is valuable publication for the study of Sri Guru Granth Sahib. The *eGurbani* and *Gurbani researcher* smart phone Apps facilitates this study.
- **Developing drug-free society:** Make sincere efforts to develop commitment in students to develop drug-free society by:
 - ❖ Educating students about the ill effects of drugs.
 - ❖ Appreciate the students and their families who do not consume or allow the use of drugs in their family.
 - ❖ Sensitizing the students from drug addict families to boycott the family/social functions where drugs are served.
 - ❖ Honouring students for successful de-addiction of their family members/ relatives or friends.
- **Nature Care Awareness:** Create nature care awareness among the families of all the students and teachers and ensure the implementation of the following points in school as well as all the families associated with the school:
 - ❖ Judicious use of water: Sensitize one and all to remain careful to avoid water wastage in daily routine activities of brushing, bathing, drinking, washing cars/floors, irrigation, etc.
 - ❖ Planting and nourishing trees: Gift a sapling to all the students at the time of admission and advice to plant and nourish it. Ask students to make an album depicting periodic growth of the plant and student by pasting a photograph of the student with the plant clicked annually on the date of the plantation. The teachers shall check and sign the album annually while promoting the student in the next class. The class in-charges shall regularly keep sensitizing students to nourish their tress.
 - ❖ Discourage polythene and non-degradable products: Polythene and non-degradable products should be strictly discouraged in the

school and students shall be encouraged to use cloth bags for shopping and other routine household jobs.

- ❖ Facilitating nesting and feeding for birds: Facilitate nesting of birds by planting trees in the school campus. Mentor students to make arrangements of food grains and water for birds at appropriate places in the school. The water shall be preferably kept in earthen pots. Students shall be encouraged to make these arrangements in their homes as well.
- ❖ Encouraging natural farming: Students from farming families shall be educated to adopt natural farming, and avoid burning of crop residues and consumption of chemicals in agriculture. The awareness shall be given to recycle crop residues, farm/kitchen waste, animal dung/urine in fields to prevent pollution and improve soil health.
- ❖ Kitchen Gardens: The students shall be encouraged to establish a kitchen garden in their homes. The student who develops excellent kitchen garden shall be conferred on a special award during the annual function of the school.
- ❖ Rainwater harvesting: Develop rainwater harvesting units at school in consultation with the experts. Demonstrate these units to students and educate them to develop such units in their homes to conserve rainwater.
- ❖ Energy conservation: Students should be sensitized to avoid wasting electricity and other nonrenewable energy resources. Solar panels shall be established and demonstrated to students as energy conservation measures.
- ❖ Constructing Green buildings: School building shall follow green building construction norms. Rooms shall be properly illuminated and ventilated. Do not use air conditioners. Educate students to follow these norms while constructing their homes.
- ❖ Recycling daily waste: Implant different dustbins for decomposable and non-decomposable waste in the school campus. Educate students to recycle decomposable waste material by making compost and applying to plants. Students shall be sensitized to recycle their home waste in the kitchen garden.
- ❖ Minimize the use of motor vehicles: Prefer bicycle or travel on foot for short travels. For long journey prefer train or public buses or share the private vehicle with your friends/colleagues to avoid environmental pollution.

4. **Mentoring outperforming students as Truthful Human beings:** The societies are generally led by a few people. Academic institutions can play a vital role in developing prosperous society by recognizing the budding leaders among their students and mentoring them as Truthful Human Beings. Make sincere efforts to meet the objective by:

- **Registering students and teachers as Positive Thinkers:** Identify promising, committed and answerable students who had passed the middle standard examination and possess at least anyone of the following qualities:
 - ✓ Average 70 % marks in the previous classes
 - ✓ The capability of becoming a good orator
 - ✓ The capability of becoming a good writer
 - ✓ The capability of becoming a good musician
 - ✓ The capability of becoming a good leader
 - ✓ The capability of becoming a good administrator
 - ✓ The capability of becoming a good sports person
 - ✓ The capability of becoming a good artist

The students with extraordinary qualities can be selected even before passing the middle standard examination. Register these students as Positive Thinkers at www.atampargas.org. The teacher in-charge shall also register themselves as Positive Thinkers so that they can also develop their personality while mentoring the students.

- **Nominating Mentors:** Select most responsible and answerable students and teachers from the above registered positive thinkers, who are capable of supervising at least five other positive thinkers and nominate them as 'Mentors'. Special training would be given to these mentors to develop their students as Truthful Human Beings.
- **Sensitizing Positive Thinkers to follow the time table:** Keep sensitizing positive thinkers to follow the prescribed time table. Ensure the submission of their daily reports.
- **Weekly Positive Thinkers Meet:** Organize a weekly meeting of the positive thinker students and mentors to keep them inspired to develop their personalities as Truthful Human Beings. The agenda of this meeting shall include a summary of daily lessons of the last week, detailed discussion on any lesson, time table progress of positive thinkers, new topic prepared by any positive thinker or questions answer session.

- **Monthly quiz competition:** Encourage Positive thinkers to study daily online class lessons and participate in the monthly quiz competition.
 - **Monthly, quarterly and annual progress reports:** Inspire students for timely submission of their monthly, quarterly and annual self-assessment reports and sensitize them to introspect and plan for further development of their personalities as Truthful Human Beings.
 - **Annual Positive Thinkers Families Meet:** Organise annual get-together of the families of the Positive Thinkers. Inspire positive thinkers to share their plans, enthusiasm and promises to develop prosperous society while achieving heights in the career.
5. **Strengthening Atam Pargas caravan:** Make sincere efforts for strengthening Atam Pargas Caravan for the development of prosperous society by:
- **Organising Atam Pargas Exhibitions:** Organise Atam Pargas Books Exhibitions at important social, religious and cultural functions of your area.
 - **Motivating other academic institutions to join Atam Pargas:** Approach and educate the organizing committees of other academic institutions in your circle to join Atam Pargas Mission and initiate above activities in their respective schools to strengthen the objective of developing Truthful Human Beings for establishing prosperous society.

The best school which functions according to the above-mentioned guidelines and regularly submits its progress reports at the Atam Pargas website is conferred on the **'Atam Pargas Best School Award (citation and amount of Rs. 25000/-)'** during the Annual Educational Conference of the Atam Pargas Social Welfare Council.