

EXCELLENCE IN EDUCATION

St Thomas' Sr. Sec. School: A Page from History, a Rich Pedagogical Legacy Illuminating the Path of Girls' Education



Our School Building



Our Chairman – Rt. Rev. Dr. Paul Swarup & Principal Dr. Anuradha Amos



Eco-friendly Sanitization Door



Nobel Laureate Kailash Satyarthi visits Atal tinkering Lab

The ethos of an institution reflects its character. What is the uniqueness of your institution?

The ethos of St. Thomas' as an institution, revolves around its motto 'Light to Lighten.' This motto is inspired by the claim of Jesus, who said, "I am the Light of the World." Jesus also challenged each one of us, to be the light of the world. Our core values revolve around this theme and we endeavour to instil this in our girls. Being the light for others is something our students strive for and this very striving gave rise to Prerna-our section for the children with special needs. Over the past six decades we have nurtured such children and have integrated them into the mainstream. As a school, we are committed to celebrating individual differences.

St Thomas' is among the old landmark institutions of Delhi. How has it contributed to propagating education irrespective of gender bias or socio-economic status of young girls?

The very structure of the institution, and the fact that it is an all - girls' school, speaks volumes, of being against gender bias. Being pioneers in the field of Girls' education, our aim has been to develop empowered, independent and girls, equipped with the confidence to make informed choices. Dignity of labour is instilled in the students by making them responsible for maintaining cleanliness and up-keep of the class rooms, being respectful to the support staff and donating generously for all kinds of philanthropic causes. From the time of our inception, we have programs such as visiting neighborhood slums, the blind school, old age homes. As a socially responsible institution, we have responded to the nation's call in the event of any national emergencies, calamities etc., to help the affected.

With technology playing a vital role now in the education sector, how have you leveraged it as a viable platform for teaching, yet retaining your way of teaching?

The best of technology cannot substitute the function of a teacher in the classroom, interacting with her students, clarifying their doubts and taking a personal interest in each and every one of them. However, the technological advances in the education sector cannot be dispensed with. To this end, audio visual tools, smart boards, e-books, learning through hands-on activities, pursuing projects with practical day-to-day applications, are a vital part and integral in our pedagogy. Teachers are encouraged to think out-of-the-box, to adopt newer instructional methods.

According to you, which are the areas of emphasis that are taken care of, while grooming a child in your school?

Our goal is to shape disciplined, balanced,

compassionate individuals with a strong sense of moral integrity. The idea of the institution is to send out into the world right-thinking humane individuals with the mission to make the world a better place. We lay great emphasis on instilling the right values in a totally secular environment for which Value Education classes are duly conducted for all levels. An attitude of responsibility, conservation and preservation of our natural and cultural heritage is fostered through clubs and societies like Eco Club, Debating Society, GK Club, among others, who work tirelessly throughout the year to cultivate a participatory attitude. Outreach programs, walks and community village visits, are conducted to develop sensitive, socially and culturally aware individuals. Towards this end, the school has partnered with ITIHAAS and SALAAM BALAK TRUST.

Post Covid pandemic, what are the issues faced by students in areas of personal development and studies, and how are you coping with the challenges?

Two years of the pandemic has thrown up new challenges like learning gaps which, in turn, leads to a lack of confidence, impacts socializing skills and in some cases, creates an emotional void in children. Being keenly aware of these challenges, we organize after-school remedial classes to address learning gaps and also provide professional counselling sessions, as and when required. We also encounter a lot of challenges, caused due to the influence of social media and technology. The students are provided a plethora of experiences, both academic and practical, so that they can have joyful learning experiences in a space that encourages them to grow and learn, at their own pace.

The concept and curriculum has changed with the New Education Policy. How have you incorporated them in your teaching methodology?

We are adapting to the changes introduced by the NEP, by adopting the following methodologies:

- Experiential Learning has been incorporated in academics. Students are made to engage in hands-on learning, where they connect theories learnt in the classrooms, to real world situations.
- A multi-disciplinary approach has been adopted. Subjects are not taught in isolation, but intertwined with one another. A variety of activities are designed to connect the learning in various disciplines and develop critical thinking.
- Art-Integrated projects aimed at honing their artistic skills to enable better comprehension of the concepts of various subjects.
- Focus on performing arts like Dance, Theatre, Music, along with academics. Theatre,

Celebrating National Girl Child Day



Blessed that Mahatma Gandhi
Blessed that Queen Elizabeth
Blessed that Kailash Satyarthi

Have with their footprints, made St. Thomas' School a hallowed institution...

A pioneer in the education of the girl child, established in 1930 by Miss Helen Jerwood, St. Thomas' Girls Senior Secondary Girls' School, Delhi, continues to walk in the footprints of such greats, taking progressive steps towards academic excellence, imbued with human values. Dr. Anuradha Amos, Principal, shares how St Thomas' enlightens, enables and empowers girls' education, in a modern backdrop.



Soldiering on – National Cadet Corps



Water Conservation – Partnership with Itihaas



Hues of Harmony – The School Band



Happiness Quotient – Khushi Har Kahin

particularly, enhances their verbal and non-verbal communication skills.

■ Empowering young storytellers - 148 students have published their books, out of which 68 students are now Globally Published Authors with ISBN, issued by the Ministry of Education, Government of India.

■ Good infrastructure and training facilities to develop sporting skills in our students. Our girls excel in Basketball, Handball, Table Tennis, Badminton, Yoga.

■ We are proud to have organized the First Moot Court Inter-school Competition, in Delhi, which encouraged critical thinking skills and a deeper understanding of the Indian Constitution.

■ Our very own All-Girls' school band - a matter of immense pride!

■ Emphasis on self-defence classes with regular Taekwondo classes for all levels, and introduction of the NCC training program. These activities inculcate pride, patriotism, discipline and also nudge them towards enlisting in the armed forces.

We have thus moved from the old pedagogical method to a new methodology, wherein, students are encouraged to reflect, explore, experiment and innovate - making learning a truly 'joyful' experience.

Having been in the education sector for so many decades, what have been your observations and suggestions accordingly for a more robust school environment?

For a robust learning environment that nurtures mental and emotional wellness, we encourage in our students, curiosity, creativity and innovation. Importance is given to art, culture and sports. Most significantly, we have incorporated the 'Happiness Curriculum' enabling the students to reflect on the relationship between their feelings, thoughts, behavior and their impact on themselves. To cater to the needs of the changing times, we have professional counsellors in our faculty. Electing the Student Cabinet - where students nominate their own representatives to give voice to their needs, problems and solutions, is conducted in a very democratic manner.

My doors are always open, which I personally believe, keeps communication line-alive, and is imperative for the growth of any institution. We also believe in working closely with our parents-our partners, and have an extremely active PTA. In fact, I am happy to share that ours was one of the first schools to initiate the concept of a PTA - Parents Teacher Association, in the year 1959. We hold regular PTM's and PTA elections to make this exchange a vibrant and democratic one.

For healthy development of a child, a conducive ambience is imperative for

the faculty. Could you elaborate on this facet?

The school provides a healthy non-competitive atmosphere for the teachers. Every teacher's individuality is respected and they are given ample opportunities to grow professionally. Our teachers are encouraged to attend regular workshops, seminars, webinars and on-the-job training programs to unlearn and re-learn. This helps them to stay abreast with the needs of the changing times.

Experienced, empathetic and approachable, our teachers facilitate unhindered communication and the best kind of mentoring to the students, entrusted in their care. The classroom becomes a congenial space, in the process of learning, when students recognize the teacher as a friend. Consequently, there are less behavioral problems, improvement of mental health, reduction of anxiety levels. As a result, it, promotes holistic development, strengthens moral fibre, reinforcing a sense of justice and equality, keeping with our ethos to nurture self-disciplined and confident students.

India, as a nation, has ambitious goals earmarked for its progress. How is St Thomas laying a strong foundation of an educated and responsible people through education?

In keeping with the nation's goals, we are trying to 'empower the girl child' in every way, making her independent, aware and alert.

To foster responsible citizenship and commitment for a better society, our school incorporates the following activities-

'Celebrating a Cause' - Organizing Diwali celebrations for the support staff, celebrating Christmas at Old Age Homes, organizing fetes to collect funds for the children of the Leprosy Mission, among others.

Environmental consciousness and judicious use of natural resources is the need of the hour. Working towards water conservation, we have partnered with the NGOITI-HAAS, for the 'WaterHeritage Program' to use water, the rapidly depleting life-source. Reducing carbon footprint is another of our initiatives, which involves segregation of waste under the Swachh Bharat Abhiyaan, recycling paper waste and composting food waste, for a Zero Waste Campus. Working towards a green ecology, we have collaborated with like-minded organizations/agencies such as NDMC, IPCA, TERI, GRIHA, who have several programmes/campaigns for a healthier tomorrow.

The need of the hour is developing skills in our children and we were happy to be one of the pilot schools in the country, partnering with the CBSE's PassporttoEarning (P2E) program. In sync with the NEP 2020, we continue our emphasis on skill education to make our children ready to take on the world!



Interacting with the Panchayat

VISIT TO ST. MARY'S HOME FOR THE AGED



Community Outreach



All the world's a stage!

Poshan Maah-Celebrating Millets!



'Poshan Bhi, Padhai Bhi'

Celebrating Millets