

THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD / INTERNATIONAL AWARD FOR YOUNG PEOPLE

The Duke of Edinburgh's Award is the world's leading achievement award for young people. It is voluntary, non-competitive and available to anyone aged 14-24. Young people design their own Award programme, set their own goals and record their own progress. The only person they compete against is themselves, by challenging their own beliefs about what they can achieve. There are 3 progressive levels which when successfully completed lead to Bronze, Silver or Gold Award. The Award has four sections designed to provide a balanced programme of personal development. These sections are:

- a. **Service:** which aims to understand the value of giving service to others and their community.
- b. **Skills:** encouraging development of personal interests, creativity or practical skills.
- c. **Physical recreation:** encouraging participation in sport and other physical recreation for the improvement of health and fitness.
- d. **Adventure Journey:** encouraging a spirit of adventure and discovery whilst undertaking a journey in a group.

There is an additional requirement to complete a **Residential Project** to successfully complete the Gold Level, aiming at broadening a young person's experience through involvement of others unknown to them in a residential setting.

As the Award is a programme of individual challenge, participants are encouraged to work at their own pace. However, on average, participants should be spending at least one hour per week on their chosen activity. The Award cannot be achieved in a shorter time span by working more intensely; the objective is to develop a sense of commitment to a given task over time. Participants must persist for at least these minimum periods:

LEVEL	Minimum Period of Participation by	
	Direct entrants	Award holders
BRONZE	6 months	Not Applicable
SILVER	12 months	6 months (if Bronze holder)
GOLD	18 months	12 months (if Silver holder)

Our school is a Youth Engaging Society (YES) Centre of the IAYP and enrolls students 14 years and above for this award.

INTERNATIONAL AWARD FOR YOUNG PEOPLE (IAYP) PROGRAMME 2019-20

There were 77 participants enrolled for the IAYP programme during the Session 2019-20. Out of these 77, 62 participants had completed their Adventure Journey and were to finish all other sections. When the Pandemic began, the award participants were not very clear about how they will finish all sections. In light of changes to the Award, award participants were guided to finish their award programme while at home, by engaging themselves in activities that could be learnt easily through online mode.

The following 20 students have completed their Award Programme and have received their award certificate

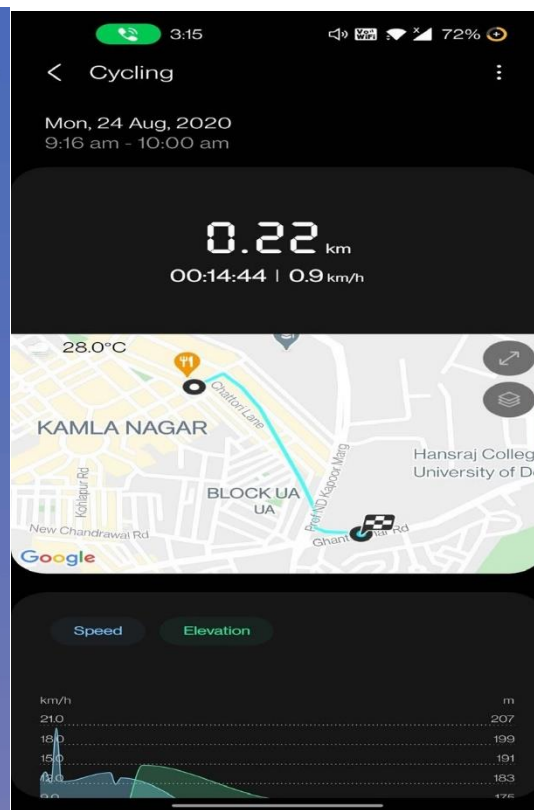
S.NO.	NAME OF THE AWARD PARTICIPANT	LEVEL COMPLETED
1	Riddhi Oberoi	Silver
2	Rishi Chawla	Silver
3	Rida Naqvi	Silver
4	Harjas Singh Gujral	Silver
5	Dhruv Khanna	Silver
6	Vishakha Singla	Bronze
7	Saumya Gupta	Bronze
8	Roshneet Kaur	Bronze
9	Khushi Agarwal	Bronze
10	Harkirat Singh Khunger	Bronze
11	Varnika Khurana	Bronze
12	Manya Girdher	Bronze
13	Manjot Singh	Bronze
14	Shubhkaran Singh Bhalla	Bronze
15	Jannat Gill	Bronze
16	Dashleen Kaur	Bronze
17	Nandini Ashra	Bronze
18	Ridhima Narang	Bronze
19	Kunal Kansal	Bronze
20	Smaranjeet Singh	Bronze

The other Award Participants are still finishing their sections.

Here are the glimpses of work done by the award participants as they started working for their award while at home and finished it to get their award certificate.

PHYSICAL RECREATION



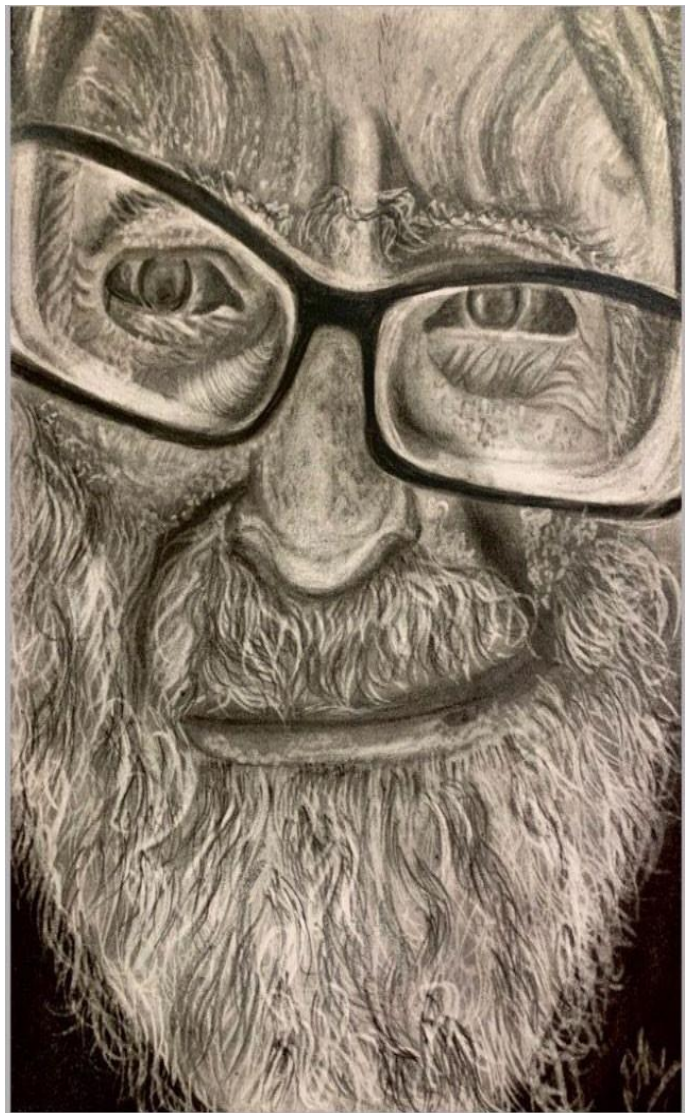
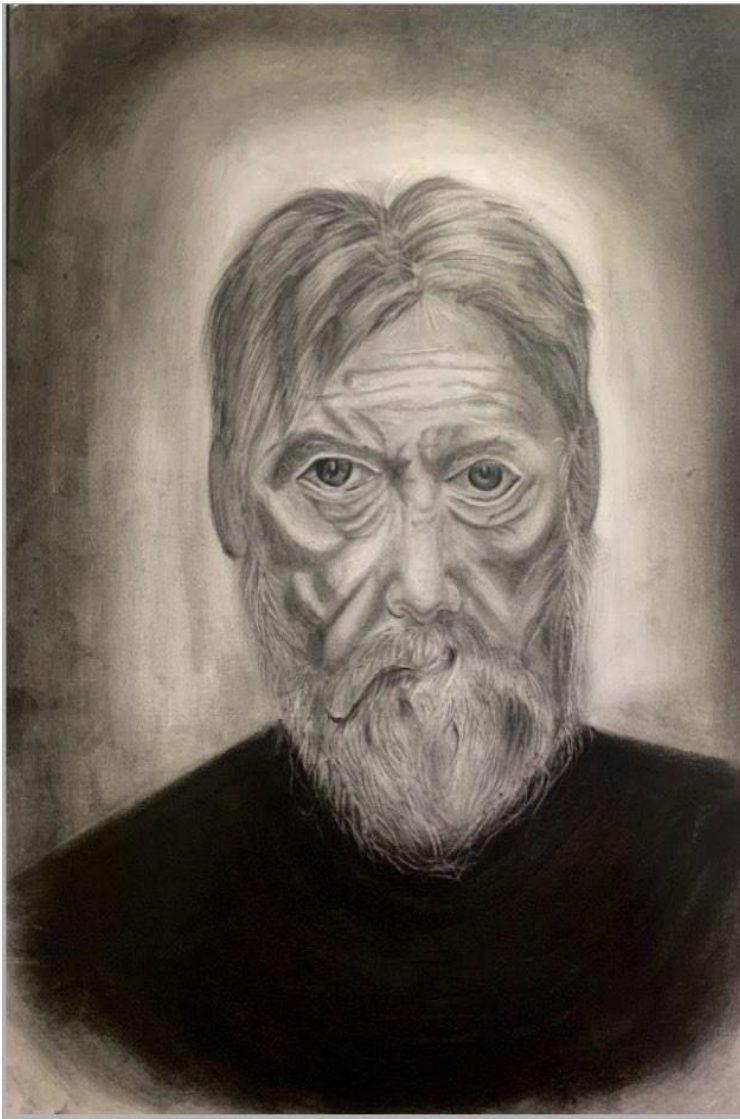


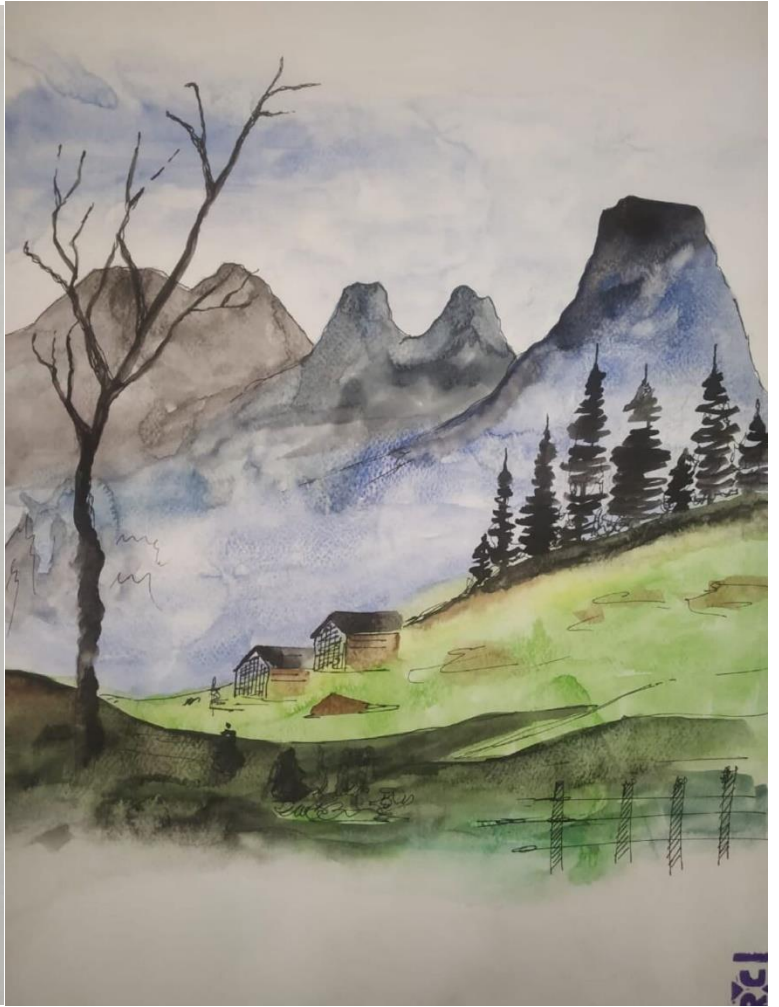
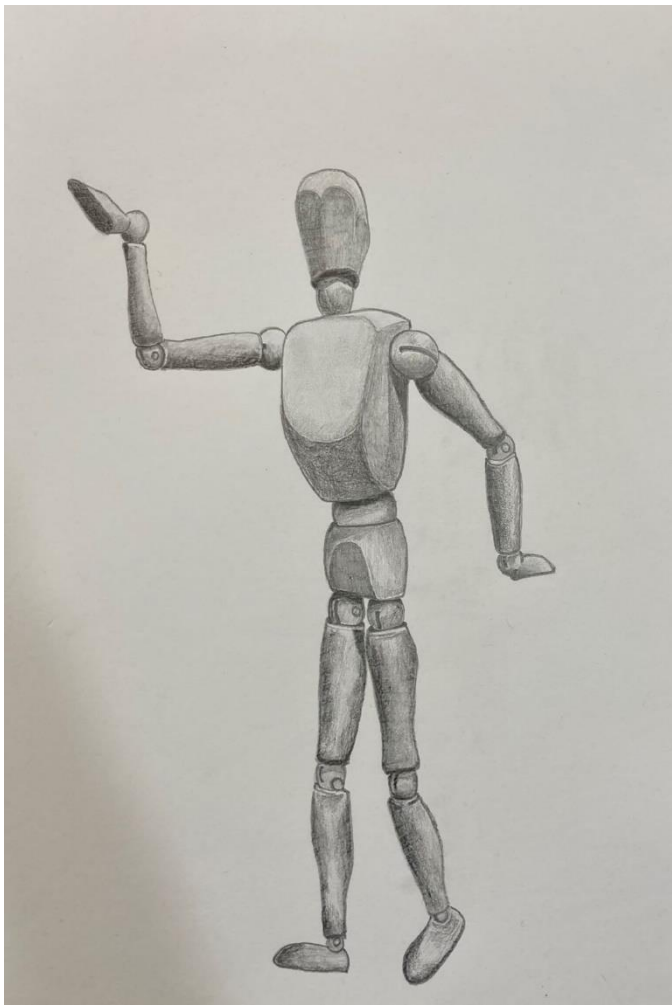
Use of Apps to track progress for physical recreation section.

SKILL SECTION

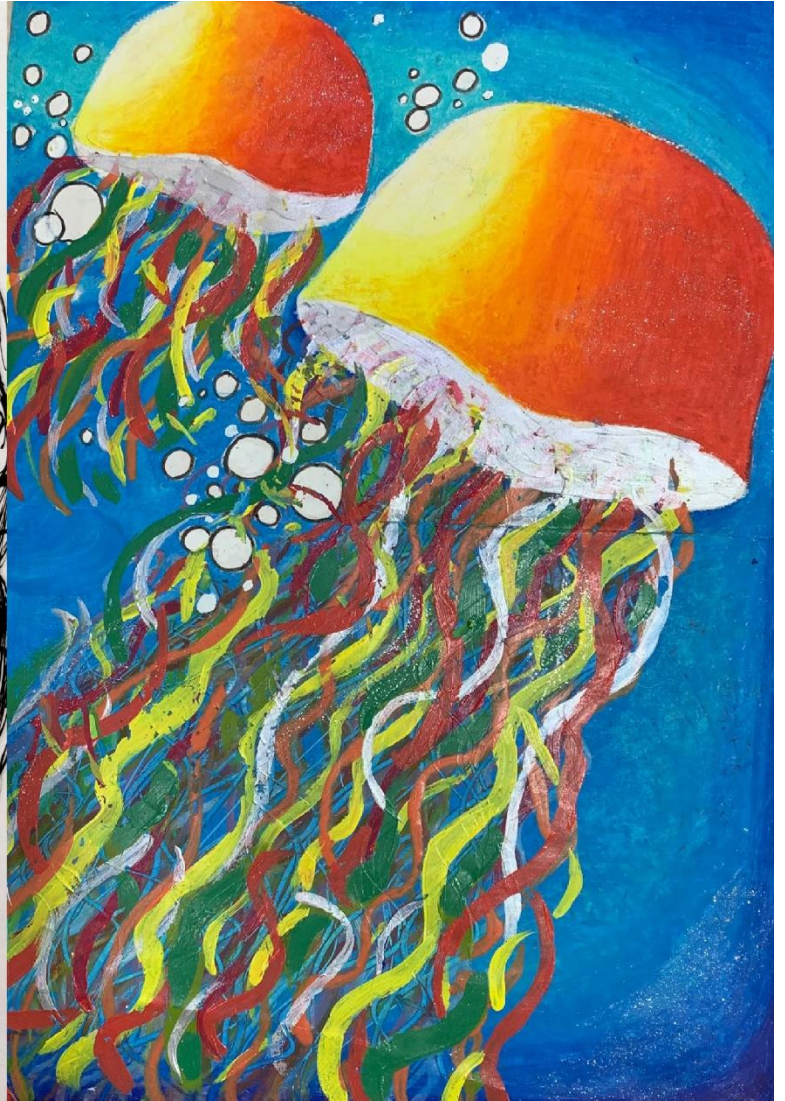




















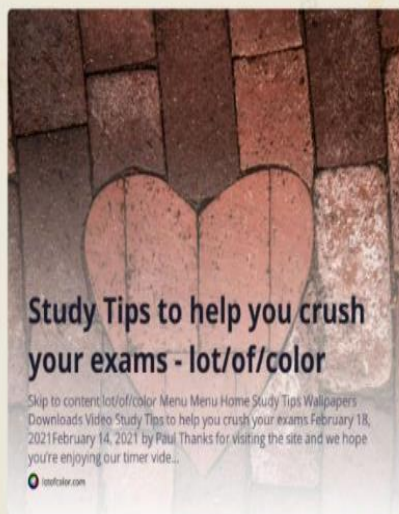
In SESSION 2020-2021, 16 students had registered for the IAYP AWARD PROGRAMME.

S.NO.	NAME OF THE AWARD PARTICIPANT	LEVEL
1	VISHAKHA SINGLA	Silver
2	HARKIRAT SINGH KHUNGER	Silver
3	ACHINT KAUR	Bronze
4	ANANYA MADAAN	Bronze
5	BANI KAUR	Bronze
6	BHAVYA DUGGAL	Bronze
7	HARNEHMAT KAUR	Bronze
8	HARNOOR KAUR	Bronze
9	HARSHI MANOCHA	Bronze
10	MYRA GUPTA	Bronze
11	PARI AHUJA	Bronze
12	PARI GUPTA	Bronze
13	PARVANYA SINGH	Bronze
14	PRIYAL GOGIA	Bronze
15	RABANI SETHI	Bronze
16	SAIHAJ VEER RATAN	Bronze

From the 16 enrolled, 13 participants have almost completed their 3 sections Physical Recreation, Skill and Community Service section and are undertaking the 5-week Virtual Bronze Level Award Journey, which is to be completed by last week of August.

Please find below glimpses of the work of the new award participants who engaged themselves while they were at home in various activities to continue their award journey. From art, photography, to learning language and developing writing skills, they learnt through online modes. Physical activity is a must to help growing adolescent participants to feel motivated and stay active. They used apps to monitor their progress on their own. The joy of giving one's time, resources and energy was well embedded in the voluntary service activities they undertook, such as taking care of their grandparents, helping their siblings and peer group to improve their scores by teaching them and by feeding stray animals.

SKILL SECTION



PHYSICAL RECREATION



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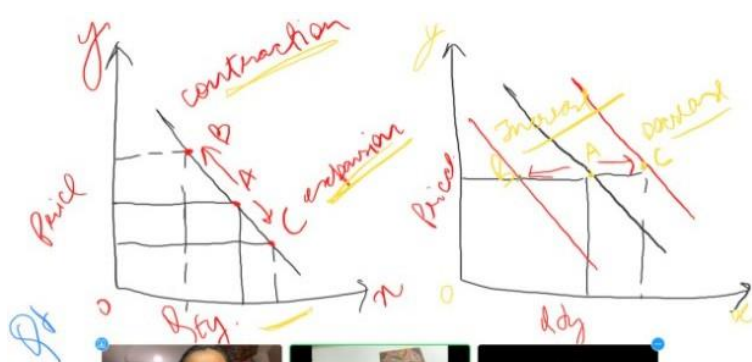
< Notes

workout (functional)- 2 days a week

- : leg circles- 12 x 3
- : pushups- 15 x 2 (variation) - refer vid.
- : jump squats - 15 x 2
- : crunches - 15 x 2
- : arm curls - 10 each.
- : russian twists - 15 x 2
- : superman- 3 x 15
- : knee ins- 15 x 2 (squeeze core)
- : push press - 15 x 2 (fast w dumbbell)

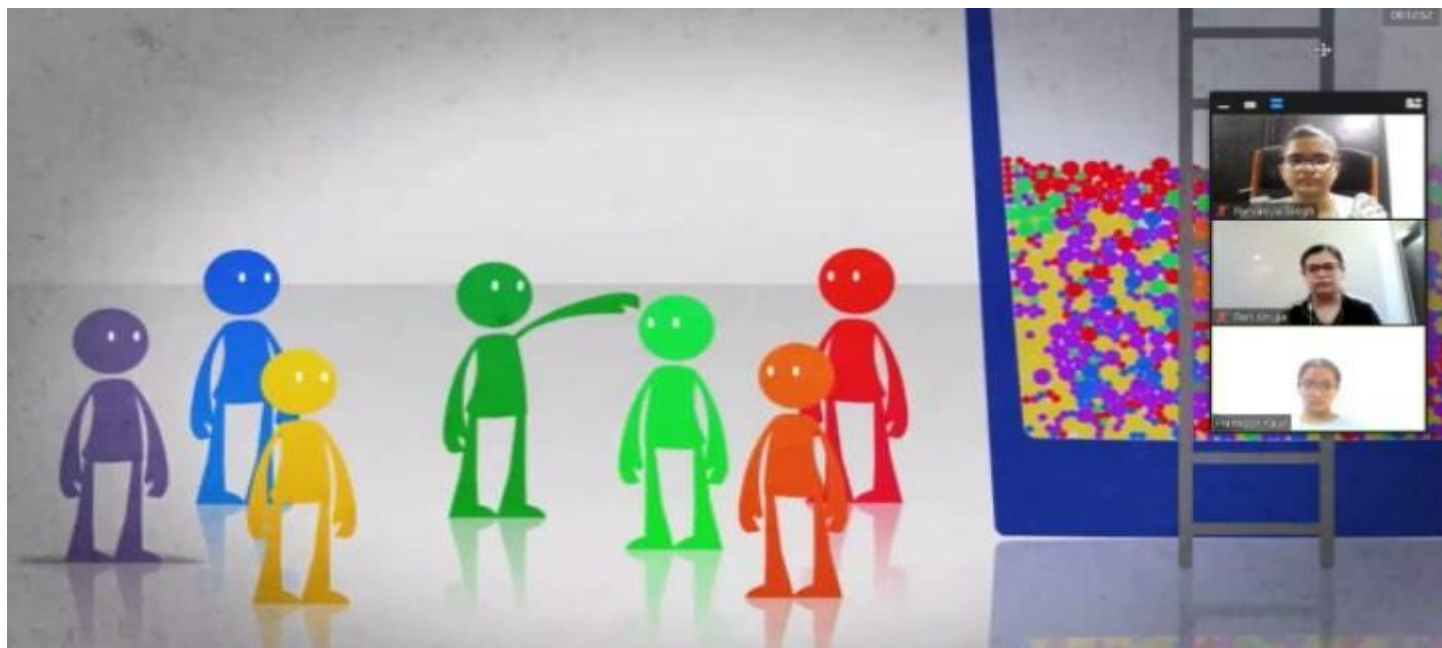


VOLUNTARY SERVICE



VIRTUAL BRONZE LEVEL JOURNEY

The award participants embarked on their Virtual bronze level Journey together as a group, where they coordinate to finish their activities as a group. Since groups have to have 3-7 participants, at present there are two group of students working together for the journey. The participants meet online to discuss their activities, set targets and finish them with the time frame.



Programmes attended / conducted by Award Leader

S.NO.	DATE	PROGRAMME
1	11.05.2020	Award during COVID 19
2	20.06.2020	Continuing the award Journey
3	03.09.2020	Orientation to IAYP Award Programme (Class IX & X)
4	04.09.2020	Orientation to IAYP Award Programme (Class XI & XII)
5	17.06.2021	Training for Virtual Bronze Level Journey
6	02.07.2021	Award Leader Webinar
7	10.07.2021 11.07.2021	Pre-courses for Virtual award Leader Training
8	28.07.2021 29.07.2021 30.07.2021	Virtual Award Leader Training