INTERNATIONAL INDIAN SCHOOL AL-MAJMA'AH

Ref: CIR-IISM/PAR/11-26/42 1st November 2026

SUSTAINABLE LIFESTYLE WEEK

Dear Students,

As part of the **Sustainable Lifestyle Week**, the school will be organising various awareness activities to encourage students to adopt healthy, responsible and environmentally sustainable habits in their daily lives.

The following activities will be conducted tentatively from 1st November to 5th November:

Theme	School Activity
Save Energy	**Pledge Taking:** Students will take a pledge to conserve energy by switching off lights, fans, smart boards and electrical equipment when not in use.
Save Water	**Drawing & Colouring Competition:** Students will create drawings/posters highlighting the importance of saving water and using this precious resource responsibly.
Sustainable Food Systems	**PPT** - Awareness on healthy, seasonal and locally available food choices, prevention of food waste and responsible consumption.
Say No to Single-Use Plastics	**PPT** - Students will be encouraged to use reusable bags, bottles and food containers and to avoid single-use plastics.
Reduce E-Waste	**Seminar Presentation:** Students will be given an awareness presentation on e-waste, responsible disposal, repair, reuse and recycling of electronic items.
Reduce Waste	**Best Out of Waste Competition** - Students will participate in awareness activities promoting waste segregation, reuse and recycling and will reflect on sustainable practices followed during the week.

Objectives

The programme aims to:

- Promote healthy and sustainable lifestyles among students.
- Develop awareness about the conservation of **energy and water**.
- Encourage responsible consumption and reduction of food waste.
- Discourage the use of **single-use plastics**.
- Promote the **repair, reuse and responsible disposal of e-waste**.
- Encourage the principles of **Reduce, Reuse and Recycle**.

All students are encouraged to participate enthusiastically and contribute towards building a **cleaner, healthier and more sustainable future**.

Afshan Jabeen
Head of Section (Higher)

S.M. Shaukat Hayat
Principal