

# PRAMILA MUDULI

**DOB: 18<sup>TH</sup> AUG- 08**

**ANNUAL REPORT FOR 2023-24 (SECOND TERM)**

**ANNUAL ATTENDANCE 366 DAYS OUT OF 366 DAYS**

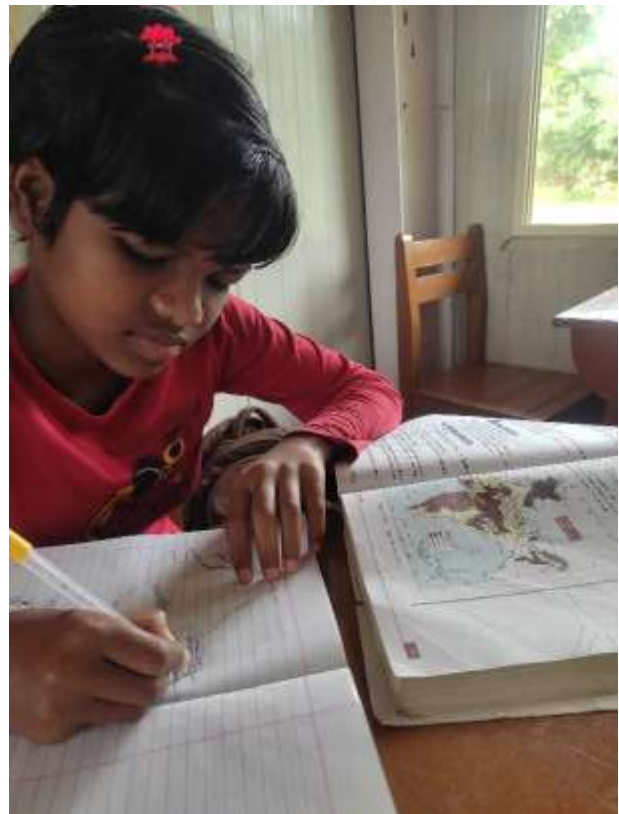


**Introduction:** My name is Pramila Muduli, and I am a student at AMVM. Currently, I am 15 years old, having completed my 10th grade and now studying in the 12th grade. I am diligent in my studies and actively participate in both learning and teaching activities.

**Physical Education:** I study Physical Education with Sandeep Sir. Our classes take place in the morning at 8:30 am. Whenever I encounter

difficulties understanding a concept, I seek clarification from Sir. After teaching each chapter, Sir engages us with questions to test our understanding, which I find helpful for reinforcing my learning.

**History:** For History, I am under the guidance of Rachna Didi. We have online classes with Didi in the afternoon. I have a keen interest in History, and I enjoy studying it with Didi. After covering each





exercise, Didi conducts question-answer sessions to assess our comprehension, providing an interactive learning experience.

**Yoga:** I engage in Yoga practice every morning at 6:00 am. Our sessions begin with warm-up exercises followed by various Yoga poses, including Surya Namaskar performed five times. Bhavna Didi leads our Yoga sessions, and I appreciate the diverse range of asanas we practice, such as the Tree Pose, Garuda Asana, Chakra Asana, and Hala Asana. Yoga has become a cherished part of my daily routine.

**Shramdan (Community Service):** During Shramdan sessions, I contribute by cleaning my

own hostel. In the girls' hostel cleaning activities, I am responsible for tasks such as cleaning stairs, wiping the floors, cleaning drains and toilets, and maintaining the water filter. These responsibilities are carried out diligently every day, often in collaboration with assigned partners.

**Volunteering:** In my volunteering role, I teach the youngest group of students at school. My activities include teaching chanting, songs, colouring, and engaging in simple math activities like counting and pattern recognition using small seeds. I also introduce them to puzzles and encourage them to



communicate in Hindi. Occasionally, to manage their restlessness, I organize movie sessions where they can relax and enjoy. Overall, I find volunteering to be a rewarding experience, fostering both my leadership skills and my ability to engage with younger students effectively.

