

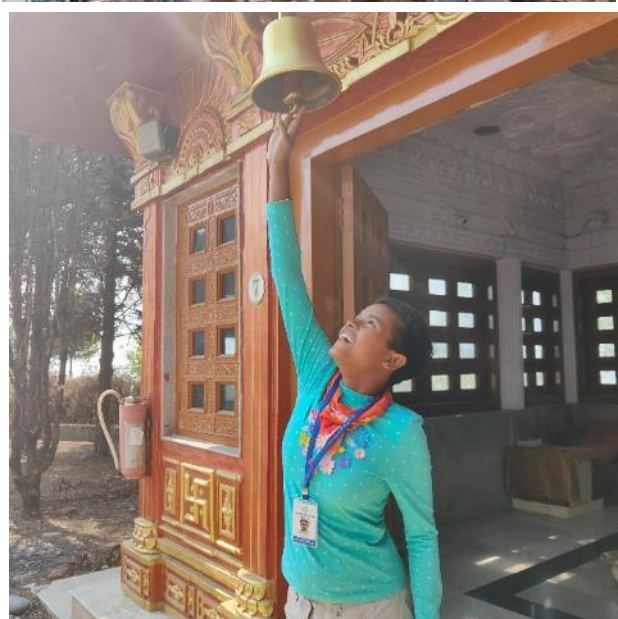
PARUL KRISANI

DOB- 12th January'10

October' 23 to March' 24

Progress Group

Annual Attendance- 366 out of 366 days





Introduction: My name is Parul Krisani, and I am 14 years old. Currently, I reside in a hostel, away from my family. My daily routine begins early, typically waking up at 4:30 am. I dedicate this time to studying until 5:45 am, after which I engage in yoga practice.

Mathematics: In my maths studies, I am currently tackling 8th-grade material, striving to excel. Recently, I completed the ninth chapter, which I found relatively straightforward. While I generally perform well, there are occasions when



I encounter challenging questions. In such instances, I seek assistance from my teacher. Despite occasional setbacks, I approach tests with a growth mindset, learning from my mistakes and actively working towards improvement with each subsequent assessment.

Hindi: I am currently studying the 10th-grade book, having completed the 1st and 2nd books. I enjoy studying Hindi with Manisha didi, and sometimes I attend classes with Darshana didi as well. I am attentive in class when the didis are teaching. Occasionally, they conduct tests after completing each chapter, during which I sometimes receive lower marks, but at times I achieve full marks. I am

striving to improve continually. Sometimes, I ask questions to the didis, and if I don't understand, they patiently explain it again. I am revising the 1st book in preparation for tests, as well as revising the 2nd book. My Hindi skills have improved, reflected in both my ratings and test scores. I enjoy doing homework given by the didis; however, if there's no homework, I engage in other academic tasks. Hindi comes naturally to me and is quite easy.

English: In English class, I am studying the 10th-grade book and striving to complete the 1st book. English and languages, in general, are straightforward for me. I particularly enjoy studying grammar, finding it easy. I put in my best effort when answering questions and practising grammar exercises. Recently, we learnt songs



for various occasions like "Basant Panchami" and "Christmas." The songs we learnt include "Silver Bells" and "Go Tell It on the Mountain." Additionally, for Basant Panchami, we learnt a song called "Saraswati." We also have tests, and I am focused on doing my best in them. I eagerly complete any homework assigned by the teacher and ensure to check my answers before submitting them.

Science: In science class, I am studying material from both the 9th and 10th grade books. Even though I sometimes find it challenging to grasp the concepts when Bhaiya teaches, I always strive to do my best. Whenever he assigns homework, I complete it diligently and ensure to get my work checked. Occasionally, he also



encourages us to memorise certain content, which I do and then present for checking.

Prior to starting the 9th-grade book, I was studying material from the 8th-grade book, which I found relatively easy. We also had chapter tests, during which I occasionally received lower marks, but I am continuously working towards improvement.

Social Science: In social science class, we are currently studying the 10th-grade book. I sometimes encounter difficulties in understanding certain chapters of the 10th-grade book. However, I actively seek clarification by asking questions to the teacher. Despite occasionally struggling to

recall information quickly, I am committed to learning. I have commenced studying the 10th-grade book and am progressing steadily.

Computer: I attend computer class once a week where I focus on improving my typing skills with Lalu Bhaiya. Currently, my typing speed stands at 19 words per minute (wpm), and I am determined to enhance it with each session. Apart from



typing, we also delve into some painting techniques on the computer, which I find enjoyable and engaging.

Dance: In dance class, I prefer learning Western dance as I find it easier to grasp the steps quickly. Although I struggle with classical dance steps since I haven't had much exposure to it, I'm eager to learn. Currently, we are preparing a dance routine for our school's birthday celebration, which I find both manageable and enjoyable. Dancing is something I love to do, especially when it's Western style.

Arts and Crafts: I thoroughly enjoy the arts and crafts class as it allows me to explore various forms of creativity. From drawing and painting to shading and engaging in crafts like origami and stencil cutting, every session is filled with





fun and learning. It's a space where I can express myself freely and indulge in artistic activities that I genuinely enjoy.

Yogasana: I am a regular attendee of the yogasana classes held at 6 o'clock in the morning. Over time, I've mastered several postures including chakrasana, sarvangasana, dhanurasana, and sirsasana, among others. Currently, I am striving to perfect my handstand. While I enjoy practising all the postures, my favourites include the stone pose, scorpion pose, and shirsasana.

Games: My afternoons are filled with outdoor activities as I head to the field around 4:10 pm. Before starting any physical exercises, I begin with a prayer followed by warming up my body with joint exercises. Once warmed up, I engage in various games such as Base-kickball, Frisbee, Football, Basketball, and Volleyball with my peers. Among these, Football and Basketball hold a special place in my heart, and I relish every moment spent playing them.

Satsang: Every evening at 6:15, I actively participate in the satsang sessions. We commence with chanting a few mantras, which I deeply enjoy. The satsang atmosphere is uplifting, and I find solace in singing bhajans and songs that are taught and sung during this serene period.



Celebrations: Participating in school events brings me immense joy and fulfilment. On 29th November, I had the opportunity to sing the song "Satguru Pyareda" alongside my classmates, which was a memorable experience.



giving my best performance on stage, thoroughly enjoying both the learning process and the final performance.



During the Christmas celebration on 25th December, I showcased my talent by singing two carols, "Silver Bells" and "Go Tell It on the Mountain." Additionally, I collaborated with my friends to perform a dance on the song "Rajuga," which we learnt and choreographed ourselves within just three days. Despite the short preparation time, I dedicated myself to



For the New Year celebration, I had the pleasure of performing a dance with my friends Rohini and Manya, which was an exhilarating experience filled with laughter and fun.



On 14th February, during Basant Panchami, I sang a bhajan titled "He Hansa Vahini" with my group, accompanied by the karaoke track. Singing together with my friends was a delightful experience.



Finally, on 21st February, which marked The Mother's birthday, I participated in a short play with my friends, further enriching my school experience with moments of creativity and collaboration.



Trip to North-East India: For detailed information about my trip to North-East India, please refer to the school report.

