

**Introduction:** 

My name is Sumitra Gouda. I am 18 years old. I have completed my graduation first year and now I am preparing to start my second year. I like to be neat and clean andkeep my belongings nicely. I have many hobbies like reading books and watching movies, etc.

**Yogasana:** Every day from 6 to 6:30 am I do yoga. Actually, I am not very good at many asanas and poses but I have also improved in some asanas. I enjoy doing yoga.





**Shramdaan:** Every day at 6:30am, I busy myself with doing shramdaan for one hour and I enjoy doing it. I participate in many activities such as school cleaning, gardening, hostel cleaning, kitchen and toilet cleaning.

**Volunteering:** Besides my studies I have also volunteered to help small children with



their studies. I volunteer for 4 hours a day and I teach maths. I like to help the children with their studies. Whenever the children are not able to understand anything, they come to me again to get a better explanation. Whenever I have class where a senior teacher is present, I quietly sit and observe his or her way of teaching, and I also try to do the same when I am teaching. I am teaching the children who are in 3rd, 4th, 5th, and 6th, standard and I enjoy teaching and doing maths with them.



On 24th February we had started our journey from Kechla to the northeast. We travelled a whole day in the train from Koraput to Kolkata.

## 25/02/2024

We went to Botanical Garden and Victoria Memorial. In the Botanical Garden I saw many new plants and trees which I had not seen before. The botanical garden was also extremely beautiful. Then by the evening train we went to Guwahati.

26/02/2024





In Guwahati we went to the Kamakhya Temple, Gandhi Mandap and War Memorial.

## 27/02/2024

On 27th we started our journey from Assam to Meghalaya. It was a very long and nice journey. We visited Cherapunjee and Mawsmai cave. It was a very beautiful cave. We

also visited Jung Waterfalls.

## 28/02/2024

We went to Indo-Bangladesh border at Dawki. It was beyond my expectations. I thought there must be a gate or a border but there was only a little stream between India and Bangladesh. It was very beautiful, and the water was very clean. Then we went to see the living root bridge. In my whole I had never imagined such a bridge. It was so beautiful and was made only with the roots of the trees. Then we went to see the cleanest village of India.

## 29/02/24

On 29th we visited Ka Phan, Non Glait Park, and Animal Land. We also went to Police Bazaar and a church.

1/03/24





In the morning, we travelled to Tawang. On the way we saw Sela Pass and there I enjoyed playing in the snow with my friends. We also went to Jung waterfall which was very beautiful. And then we went to Jaswantgarh War Memorial.

4/03/24

Early in the morning after breakfast we went to Bumla. It was a very beautiful journey and I enjoyed it very much. I saw Indo-China border, and on the border an army officer explained about China and India relations and the wars. Then we went to the second largest monastery in the world; the monastery was very beautiful. Then in the evening we went to War Memorial and saw a sound and light show.

5/03/24

We travelled to Rupa from Tawang. On the way we again saw Jaswantgarh war Memorial, and there we did slides on the snow and had breakfast there. Then we went to Dhirang monastery. It was the most beautiful monastery of all the monasteries.

6/03/24

On 6th we travelled back to Guwahati and spent the night there in Blue Moon Hotel. There we celebrated Bina didi's birthday.

7/03/24

We went to Guwahati zoo and saw many animals there. I enjoyed seeing so many animals. Then we went to Srimanta Shankaradeva Kalakshetra- art and craft gallery. Then we went to Science Museum, and Baladeshwar temple. Then in the evening we travelled to Sikkim by train.

many many manta craft iseum, vening

8/03/24

We travelled to Gangtok from New Jalpaiguri by car. It was a long ride and I enjoyed it. We reached Gangtok at 4 pm. After refreshment we went to Palace Monastery and we sat there because prayers were being offered. Then we went to MG Market. I was very big market and was also very clean.

9/03/24





