

# SHAMPA MUDULI

## ANNUAL REPORT FOR 2023 -2024(SECOND TERM)

**DATE OF BIRTH-13<sup>th</sup> JULY-18**

**ATTENDANCE. \_\_\_\_ DAYS OUT OF 366 DAYS**



**Shramdan:** I do shramdan after yogasan. Shramdan starts at 6:30 am every day. On Sunday, I do room cleaning and wash my clothes. I like to do shramdan very much because there are different types of shramdan. In shramdan, I clean the girls' hostel. Sometimes I go late for shramdan. I clean toilets, sweep the floor. In shramdan, I do toilet cleaning, school cleaning, hostel cleaning, and kitchen work. I like doing kitchen work the most. I do my shramdan regularly. I do my shramdan properly and complete all the work neatly. I like to do shramdan daily.

**Yoga:** I like to do yoga because it gives a nice feeling and I feel good and enjoy it. In yoga, I do surya namaskar and other asanas like fish pose, camel pose, anulom vilom, bhrumari, etc. like these different types of asanas. After doing yoga, I feel peace.

**Physical Education:** I enjoy studying physical education as it teaches about games, sports,







values, ethics, balanced diet, and various games like football, basketball, etc. It also educates about yoga benefits and different asanas. I have finished the course and am revising for my exam. I study through online classes with Sandeep Sri from Delhi. I enjoyed studying with him. My exam is scheduled for April, next month.

**English:** I studied English in online classes with Ragini Didi. I learned grammar from her, and I liked it. I read stories and poems, and I loved reading stories. I have finished the book and am revising for the exam next month. I am solving the question papers.

**History:** I enjoy attending history classes with Didi. I take online classes with Rachna Didi, and I enjoy studying with her. She provides notes on the topic, and if I don't understand, Didi



sends related videos. I concentrate while answering questions and attending online classes. Didi also asks us questions, and I am able to answer them. I have finished the first book and started the second book, which is about to finish.

**Home Science:** I study home science on my own because I find it easy. If I don't understand, I ask some elders to explain it to me. I am solving the question papers as I have exams in April, so I am preparing for the exam.





making flowers, hanging crafts, etc. They are so cute that I love playing and working with them. I also tell them stories about animals, flowers, and sometimes create my own stories to share with them. I cherish spending time with them and teaching them.

**Celebration:** For the New Year, I performed a dance with some children.



**Volunteering:** I enjoy teaching small children very much. I teach them math, making them learn counting till 50, and teach them subtraction and addition. I particularly enjoy teaching them counting. I engage them in activities like coloring and making drawings based on topics like animals, vegetables, etc. I also enjoy decorating the group with them,



I enjoyed dancing, although I was a bit scared, so I did some dance steps and then ran off the stage. I also danced on 5<sup>th</sup> July for Assam Gitang Tag. On 29<sup>th</sup> February, I participated in a presentation about the mother and Golden Day.

## Games Report







games.

## Trip to Northeast

Our journey began from Kechla and took us to Titlagarh. From there, we



I thoroughly enjoy playing games, and I've noticed an improvement in my running abilities. Sometimes I feel lazy, but I still make an effort to run. Among games, I particularly enjoy playing frisbee, tag and dodgeball. Recently, I've started playing volleyball as well, although I sometimes struggle to hit the ball, but I'm working on improving my skills. Additionally, I engage in regular exercise to maintain my fitness levels. Football is another sport I actively participate in; I love running and kicking the ball. Playing games brings me immense joy. During sports day, I played and also taught the children how to form a pyramid. It was a rewarding experience teaching them for sports day. Overall, I have a great passion for running and playing various types of



proceeded to Assam, where we visited Guwahati and explored its museum. A highlight of our trip was our visit to the Kamakhya Temple. Following that, we headed to Tezpur.

On November 2<sup>nd</sup>, we explored Agnigarh and Mahabhairav, both of which were breath-taking locations. We also visited Ganesh Ghat, a serene





temple dedicated to Lord Ganesha. Afterward, we travelled to Rupa, where we spent a night. Rupa was a charming place, and I had the pleasure of interacting with friendly monks. The locals were also very kind, and their food was delicious. We visited a small monastery where young monks performed chants, and I was captivated by the beautiful drawings and stories shared by

the monks

From Rupa, we proceeded to Tawang, where we stayed for two days. Tawang is home to the largest monastery I've ever seen, with intricately carved walls and a majestic Buddha statue. The monastery also housed a large hostel for monks, which left a lasting impression on me.



wildlife.



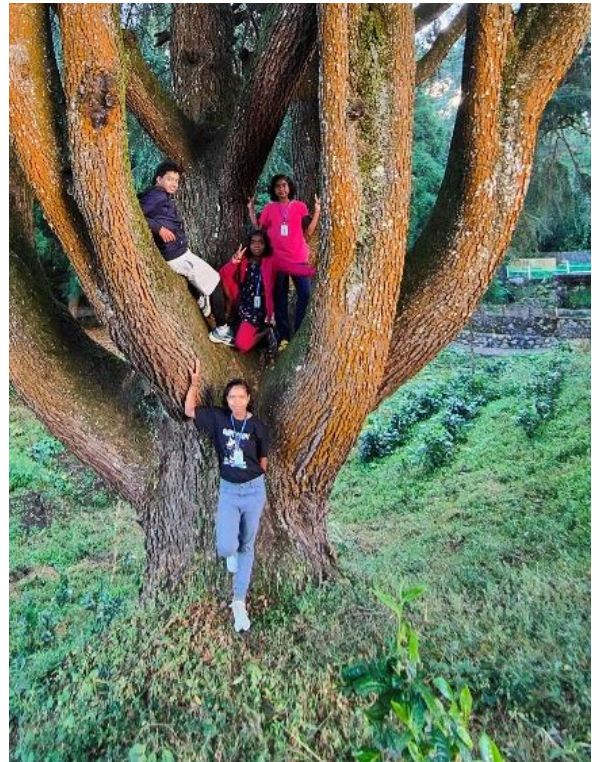
Next, we visited Kaziranga, where we spent a night. The following morning, we embarked on a thrilling jeep safari and explored the national park, encountering elephants, rhinos, and other



Our journey continued to Shillong in Meghalaya, where we stayed in a church. The next day, we visited several natural wonders, including Elephant Falls, Seven Sister Falls, Mawsmmai Cave, and Umiam Lake. From there, we travelled to Guwahati and then to Sikkim, where we stayed in Gangtok.



celebrated Diwali On November 14<sup>th</sup>, we returned to Kolkata and visited Science City, Victoria Memorial, and Sri Aurobindo's Bhawan. Overall, the trip was a memorable experience filled with breath-taking sights and enriching cultural encounters.while learning a traditional folk dance.



In Sikkim, we visited Ganesh Top, Ban Jhakri Falls, and explored the local bazaar. On November 12<sup>th</sup>, we visited Baba Mandir Lake and admired the statue of Lord Shiva. We also explored Dhamand Nam chi and





