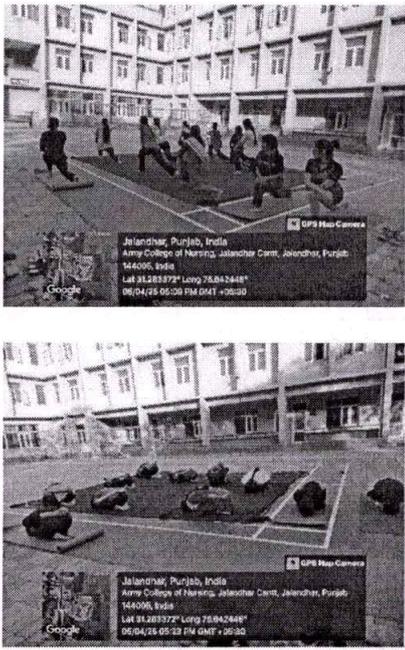
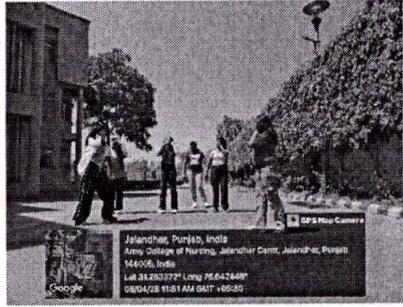
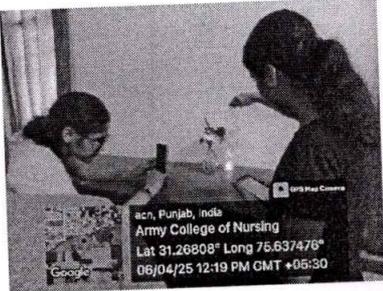
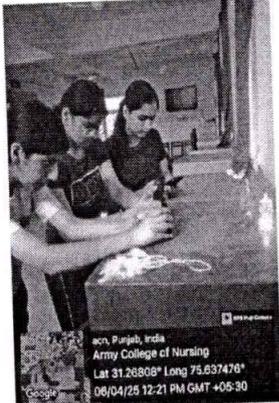
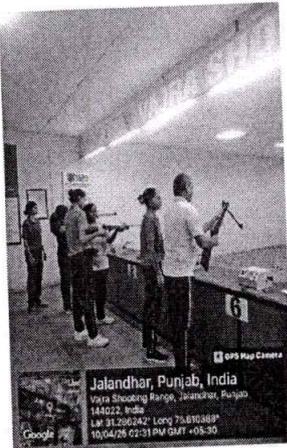
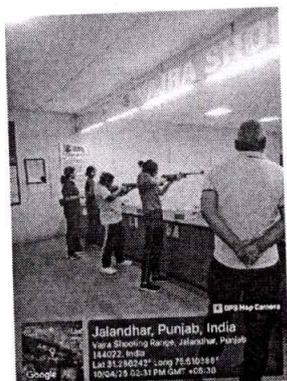


## APRIL 2025 HOBBY CLUB REPORT

<u>DATE</u>	<u>ACTIVITY</u>	<u>DETAILS</u>	<u>PHOTOGRAPHS</u>
05/04/2025	Yoga Club	<p><b><u>Venue</u></b> : Badminton Court</p> <p><b><u>Time</u></b> : 17:00 – 18:00</p> <p>Yoga improves strength, balance and flexibility. Slow movements and deep breathing increases blood flow and warm up muscles, while holding a pose can build strength. A yoga session was conducted by Ms. Suman Thakur (Hobby Club Incharge, Student) under the supervision of Ms. Parneet Kaur (Hobby club Incharge, CI ACN) where the instructions were given by Ms. Shruti Pandey and poses done by the other members of the club. There were a total of 12 club members.</p>	
05/04/2025	Dance Club	<p><b><u>Venue</u></b> : Gymnasium</p> <p><b><u>Time</u></b> : 20:30 – 21:30</p> <p>In this club, the club members practiced a performance in the gymnasium to record it later. This practice session was conducted by Ms. Monika along with the other club members. There were a total of 15 club members.</p>	

			
06/04/2025	Art and craft Club	<p><b>Venue :</b> Sarv Dharamsthal</p> <p><b>Time:</b> 10:30 – 11:00</p> <p>A group discussion was made in between the members regarding the activities to be done further in the club. There were a total of 16 club members. Activities were planned by Ms. Amrita, Ms. Anshu and Ms. Suman Thakur. Activities planned for the further sessions are :</p> <ul style="list-style-type: none"> <li>• Crochet design</li> <li>• Ying Yang Art</li> </ul>	 
06/04/2025	Dance Club	<p><b>Venue:</b> Hostel Premises</p> <p><b>Time:</b> 11:00 – 12:00</p> <p>The dance activity which was practiced previously was recorded in the hostel premises.</p>	 

06/04/2025	Photography Club	<p><b>Venue:</b> TV Room</p> <p><b>Time:</b> 12:00 – 13:00</p> <p>Photography is about creating visually pleasing images by intentionally using elements like color, composition, lighting and subject matter to evoke a specific mood or feeling. In this session group members clicked photographs with different objects at different angles and by decorating those items.</p> <p>The session was conducted by Ms. Arshu and Ms. Yogita Dhaka along with 10 club members.</p>	 
10/04/2025	Shooting Club	<p><b>Venue:</b> Vajra Shooting Range</p> <p><b>Time:</b> 14:00 – 16:00</p> <p>Shooting is primarily a sport which sharpens and expands your concentration level. Shooters develop their focus, flexibility and attention. A total of 71 students visited Vajra Shooting Range for practice session with Ms. Sofiya (CTO, NCC)</p>	 

19/04/2025

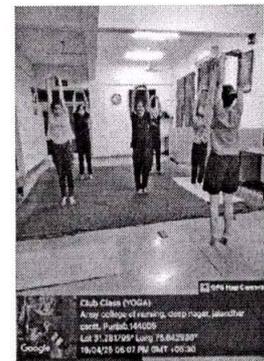
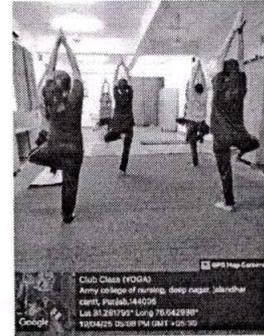
Yoga Club

**Venue:** TV Room

**Time:** 17:00 – 18:00

Yoga may help improve sleep, self esteem and can promote better posture and body awareness.

This yoga session was conducted by Ms. Khushi and was instructed by Ms. Neha Karki.



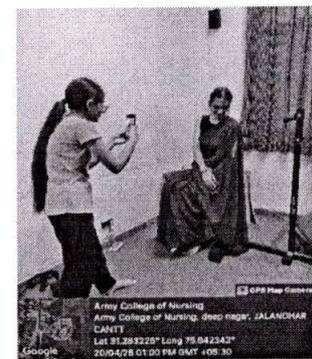
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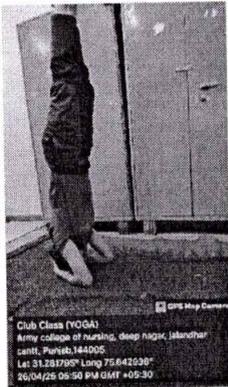
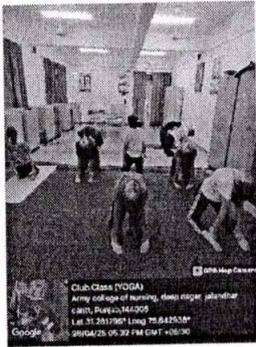
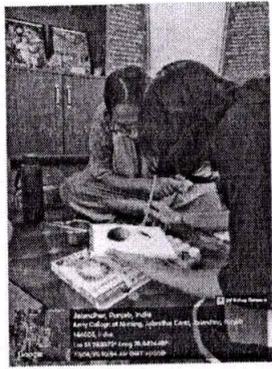
Photography Club

**VENUE:** Hostel Premies

**Time:** 12:00 – 13:00

In this photography session a group member acted as a model while other members clicked her photographs with different angles to improve their photography skills. Session was supervised by Ms. Yogita Dhaka.



26/04/2025	Yoga Club	<p><b><u>Venue:</u></b> TV Room</p> <p><b><u>Time:</u></b> 17:00 – 18:00</p> <p>Different Yoga Asanas were practiced by club members like ardhachakrasana, tadasana, trikonasana, vrksasana, etc. Sessions was conducted by Ms. Khushi and Ms. Neha Karki.</p>	 
27/04/2025	Art Club	<p><b><u>Venue:</u></b> Sarv Dharamsthal</p> <p><b><u>Time:</u></b> 10:30 – 11:30</p> <p>In this period of time, club members worked on 'Yin Yang Art' which represents the balance and unity of opposing forces. The symbol typically consists of a circle divided into two halves, one dark (Yin) and one light (Yang) with a small dot of each color in the opposite half. Ms. Amrita and Ms. Anshu helped the group members to learn and practice the Yin Yang Art.</p>	 

Signature of Hobby Club Incharge : *Shw. Parnet Kaur*

Signature of Principal : *Anshu*