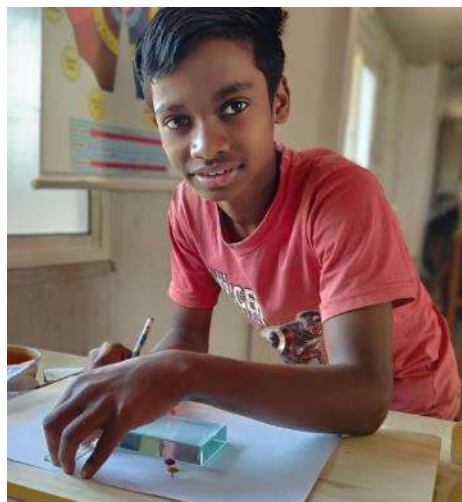


# GUPTO KAMAR

2021-22

DOB- 14<sup>th</sup> August'07

My name is Gupto Kamar. I am in Humility group. Now I am studying in the 10<sup>th</sup> class from NIOS (National Institute of Open Schooling). I like to play games with my friends and I commit to do hard work in my life.



## HINDI

In the Hindi class, once a week, we go to read storybooks in the library. We have started our 10<sup>th</sup> class course book of NIOS. After I started studying the 10<sup>th</sup> Class book, my handwriting and speed of writing has improved. We get tests after every chapter is completed. We are about to complete the first book. For The Mother's birthday each of us wrote a poem to display on the board.

## SOCIAL SCIENCE

I have started the Social Science course book of NIOS 10<sup>th</sup> class. We study social science with Bhaiya. We have completed 3 chapters of Civics. I understand history easily compared to Geography and Political Science.



When we were studying from the 8<sup>th</sup> class book, it was easier for me to understand and remember the text. We had done a play on Birsa Munda on Independence Day after we had studied about him in the class. I had played the role of a villager. I enjoyed being part of the play.

## ENGLISH

In the English class we are studying the course book of NIOS of 10<sup>th</sup> class. We have completed 6 chapters of the book. We give tests after each chapter is completed. I need to work harder for the tests as I have scored less marks in the previous tests. Sometimes we go to read English storybooks in the library. I also learn grammar in the English class. In grammar I have learnt direct and indirect, verbs, nouns, adjectives, adverbs, etc. I did letter writing. From NIOS book, I read some stories like Kondiba a hero, Snake bite, Tiger comes to town, Tall trees, etc. When Geetu Didi came to our class, we did many activities.



I enjoy reading stories from the textbook and from the library.



## SHRAMDAAN (Work offering)

I like to do morning Shramdan. We do various activities like kitchen work, toilet cleaning, school cleaning, hostel cleaning and gardening. On my kitchen turn I usually bring water for the filter from the



handpump. I also help in cutting vegetables. In gardening, I do weeding and water the plants and at times we also plant various flowers and fruits. In school cleaning we clean our group and the school.







## GAMES

In sports my favourite games are football and volleyball.



In football I become the goalkeeper most of the time and I like to kick the ball. We played many fun games on Sports Day and I enjoyed a lot. I also played a football Match on Sports Day.

On Sports Day, I liked doing activities like triple jumps, long jumps, high jumps and races of 100m and 200m. I was the winner in high jump and in the 200m running race.

## DATA ENTRY

We have completed some chapters like Basics of computers, Data formation, etc. from the course book of NIOS. We study Data Entry with Lalu Bhaiya. In the class we take notes, do question answers and give tests after each chapter is completed. I like doing question answers in the class. We also learnt the practical part of Data Entry. I enjoy this class because we use laptops to do the practicals.





## HOME SCIENCE

We have completed Book-1 of NIOS course book of 10<sup>th</sup> class. We practise many questions and answers and give tests after completing each chapter. Suhasini didi (from Assam) had come for a month, and taught us home science. She made us do some practicals too. We learnt to make banana shake, pakode, paratha, and tomato chutney with didi. I enjoyed making these delicious foods with didi.



## YOGASANA

We do yogasana in the morning from 6:00-6:30 am. We do many asana like padmasana, handstand,

surya-namaskar, etc. While doing yogasana my legs pain, so I need to become stronger and improve my flexibility. We had given a performance on yogasana on Sports Day.







## CELEBRATIONS

We celebrate many festivals and programmes. I participated in quite a few events.

