

Pramila muduli

DOB-18-Aug-08

Attendance-181 days out of 183 days

Report for 2024-25(first term)

Introduction



My name is Pramila Muduli, and I am a student at AMVM. I am currently 16 years old and have completed my 10th grade. Now, I am studying in the 12th grade. I am diligent in my studies and actively participate in both learning and volunteering activities. I study home science on my own and have completed my physical education course with Sandeep Sir.



Yoga



I engage in yoga practice every morning at 6:00 AM. Our sessions begin with warm-up exercises, followed by various yoga poses, including Surya

Namaskar, which I perform five times. Bhavna Didi leads our yoga sessions, and I appreciate the diverse range of asanas we practise, such as the Tree Pose, Garuda Asana, Chakra Asana, and Hala Asana. Yoga has become a cherished part of my daily routine.



Shramdan (Community Service)



I contribute by cleaning my own hostel. In the girls' hostel cleaning activities, I am responsible for tasks such as cleaning the stairs, wiping the floors, cleaning drains and toilets, and maintaining the

water filter. I carry out these responsibilities diligently every day, often in collaboration with assigned partners.



History

I am under the guidance of Rachna Didi. We have online classes with her in the afternoon. I have a keen interest in History, and I enjoy studying it with Didi. After covering each exercise, she conducts question-answer sessions to assess our comprehension, providing an interactive learning experience.

Games



I first do exercises, then I start to play. I enjoy playing with my friends. My favourite games include football, basketball, base-kick ball, and volleyball, with basketball being my primary choice. Sometimes, my friends and I have matches against the boys.



Volunteering



In my volunteering role, I teach the youngest group of students at school. My activities include teaching chanting, songs, colouring, and engaging in simple math activities like counting and pattern recognition using small seeds. I also introduce



them to puzzles and encourage them to communicate in Hindi. Occasionally, to manage their restlessness, I organize movie sessions where they can relax and enjoy. Overall, I find volunteering to be a rewarding experience that fosters my leadership skills and enhances my ability to engage effectively with younger students.



I have taught the youngest group many activities, such as singing and dancing. They have performed on various occasions: on July 5th, they danced to "Sapne Re Sapno Mere"; on August 15th, they sang "Nanhe Munne Bachche Hum"; during Janmashtami, they performed "Gokul Mein Mach Gaya Shor"; for Raksha Bandhan, they made Rakhi and tied it to their friends; and during Ganesh Puja, they danced to "O My Friend Ganesh." They enjoyed it very much!



Celebration

