

CLUBS 2023-24

GRADE I-V	GRADE VI - XII		
THE SHAOLIN MARTIAL ARTS CLUB (KARATE)	THE HEALTH AND WELLNESS CLUB (SPORTS)		
THE JAIPUR QUIZ CLUB	THE YUVA CLUB (TRAVEL AND TOURISM)		
THE MASTER CHEF CLUB (FOOD AND FOOD PRESERVATION)	THE HERITAGE CLUB (SOCIAL SCIENCE)		
THE THANJAVUR DANCE CLUB	THE ROBOTICS AND CODING CLUB		
THE DIY CLUB (HANDICRAFTS)	ECO CLUB		
THE SYMPHONY INSTRUMENTAL MUSIC CLUB	THE CALCUTTA FABRIC PRINTING CLUB		
	BREAKING CAUCUS (THEATRE CLUB)		

Club Incharges(GRADE I-V)

THE SHAOLIN MARTIAL ARTS CLUB (KARATE)

Club incharge: Ms Sandra

Assisting teacher: Ms Vaishnavi, Ms Shijini

THE JAIPUR QUIZ CLUB

Club In charge: Ms Sajitha

Assisting teacher: Ms. Gopika, Ms Ambily, Sabitha Rani

THE MASTER CHEF CLUB (FOOD AND FOOD PRESERVATION)

Club In charges: Ms Shahana Manoj

Assisting teacher: Ms Anjitha, Ms. Sofia, Ms Hema, Ms Alina

THE THANJAVUR DANCE CLUB

Club In charges: Ms Parvathy

Assisting teacher: Ms Manchu, Ms Shruthy Suresh, Ms Lekshmi Sasidharan

THE DIY CLUB (HANDICRAFTS)

Club In charges: Ms Anu Narendran

Assisting teacher: Ms Tintu, Ms Mushina, Ms Shruthi Mohan, Ms Rakhee

THE SYMPHONY INSTRUMENTAL MUSIC CLUB

Club In charges: Mr Sanal Alfred, Samuel Jacob

Assisting teacher: Ms Celine Xavier, Ms Sreedevi

Club In charges GRADE VI – XII

THE HEALTH AND WELLNESS CLUB (SPORTS)

Club In charges: Ms Revathy, Mr Ganesh

Assisting teacher: Mr Anoop, Mr Unnikrishnan, Mr Aswin, Mr Shawn ,Veena

THE YUVA CLUB (TRAVEL AND TOURISM)

Club In charges: Ms Susan

Assisting teacher: Mr Sumith, Ms Chinju, Ms Aneesha, Ms Harshala

THE HERITAGE CLUB (SOCIAL SCIENCE)/Time traveller

Club In charges: Ms Mini Rachel

Assisting teacher: Ms Jessy, Ms Christy, Ms Jesna

THE ROBOTICS AND CODING CLUB

Club In charges: Ms Salvia Horne

Assisting teacher: Ms Babitha, Ms Julie, Ms Suja

Eco Club

Club In charges: Mr Arun

Assisting teacher: Ms Ammini, Ms Jossy, Ms Chithira

THE Calcutta PRINTING CLUB

Club In charges: Ms Tuli

Assisting teacher: Ms Vandana, Ms Anuradha, Ms Lekha

BREAKING CAUCUS

Club In charges: Ms Sujata

Assisting teacher: Ms Raji, Ms Seena, Ms. Ancy, Ms Vidhya ,Dilsha, (Debate club)

GRADE I-V

THE SHAOLIN MARTIAL ARTS CLUB (KARATE)

Aim: is to bring the benefits the karate training to as many children as possible, helping them to build their self-confidence and emotional skills so they have the chance to reach their full potential in everything they do.

Activities:

Teaching unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs.

THE JAIPUR QUIZ CLUB

Aim:To create a group of young minds with quizzing talent.

To lend hands to beginners and lead them to the world of knowledge.

To guide on specific areas of quizzing and encourage to participate in quiz competitions.

To expose the quizzing talents of students by involving them to conduct intercollegiate and interdepartmental quiz competitions

Activities:

Every week classes are be conducted to enhance the general knowledge of the students and for this purpose regular quiz competitions are conducted at various levels and selected students are be prepared for interschool competition at the state, national and international level.

THE MASTER CHEF CLUB (FOOD AND FOOD PRESERVATION)

Aim: The Club is offering a great opportunity to its learners to learn how to cook, learning more about **food processing** and **food preservation** techniques.

Activities: Students learn about kitchen hygiene, health and safety, safe food handling and storage, and of course, how to follow a recipe and create their own delicious and healthy food.

THE THANJAVUR DANCE CLUB:

Aim:The club enables students to display an understanding of expressions and rhythm. It helps them in developing a multifaceted physicality by way of providing training in various dance techniques.

Activities: Children to engage in multiple styles of dance for art, fitness and fun.

THE SYMPHONY INSTRUMENTAL MUSIC CLUB:

Aim: Music club helps in honing students' talent in music – instrumental as well as vocal.

Activities:

- to showcase their talents through joining contests and being a part of activities and programs in the school.
- It teaches students who are interested in playing instruments and enhancing their vocal skills through voice lessons.

THE DIY CLUB (HANDICRAFTS)

Aim: A craft club is an organised to learn and practise different craft activities.

Activities:

Decorate a vase

Create your own coasters

Fashion paper flowers

Origami

Tie and dye

Organizers for desk

GRADE VI - XII

THE YUVA CLUB (TRAVEL AND TOURISM)

Aim: The aim of the Tourism clubs is to use this advantage of tourism to educate and inform learners in fun and engaging ways. It thus helps learners to grow and become sensitive to diverse cultures

Activities:

- To participate in weekly or fortnightly competitions like essay writing, logo designing, quiz, drawing and painting, poster making, acting and debating, etc. held under topics and prompts involving Indian tourism
- To travel to locations during off-peak periods as part of a school group, in turn boosting the local economy. In specific locations, it is recommended for members target involved with local community and offer their skills and ideas to better the tourist experiences through structured interactions with the location's tourism staff and administration.
- To take up or adopt tourism hotspots near and around school areas and offer their services through volunteering and idea generation in order to boost tourism potential of the same.

THE HEALTH AND WELLNESS CLUB (SPORTS)

Aim: The aim of the is to promote healthy living develop leadership qualities and team management among the students make students mentally strong and emotionally balanced and encourage sportsmanship.

The Club promotes and develops interest in a particular sport or physical activity.

Activities

- To provide special training sections for our students.
- Soccer: More focused, helps in building teamwork, Setting Goals. Perseverance, Social Problem Solving.
- Rifle Shooting: It is one of the most adaptable Sport. It promotes self-discipline, concentration, trust and self-control.
- Swimming: Improves strength and flexibility, increases stamina and even improves balance and posture.
- Squash: Improves hand-eye coordination, concentration, tone bodies as well as maintain a healthy weight.

THE HERITAGE CLUB (SOCIAL SCIENCE)

Aim: The aim of the club isto make the students aware and be proud of the richness of the natural and cultural heritage in their own locality, state and country. It was done with the motive of creating awareness and participation in heritage related activities among the students.

Activities: The heritage club programmes are designed so as to involve students in various activities geared towards heritage awareness and education for

- Learning a craft
- Museum education & outreach programmes
- Training museum guides
- Conservation at home and at school
- Rural heritage education and skill development
- Children's programmes at heritage festivals
- Making of films on culture and heritage
- Heritage Walks for school students

THE ROBOTICS AND CODING CLUB

Aim: Aim of the club is to facilitate students to understand, design and learn robotics

Activities:

The Coding and Robotics curriculum aims to guide and prepare learners to solve problems, think critically, work collaboratively and creatively, function in a digital and information-driven world, apply digital and ICT skills, and to transfer these skills to solve everyday problems.

ECO CLUBS

Aim: Aim is to as offer awareness and "real-life" meaning of medicinal plants to the students

Activities:

Providing a fulfilled environment for the children where they got the opportunity to learn about the medicinal plants by actually planting the medicinal herbs and watching them grow in their gardens, and by exploring information about them from various sources. The task of making the garden itself has been enriching in terms of making children realize the importance of team work such as detailed planning, and allocation of tasks within a team. For the teachers, herbal garden project has been useful in terms of ease with which they could integrate the concept with other subject matter activities, such as writing essays, poems and stories, making posters, drawing and painting, making herbariums, and even preparing food recipe using some of the culinary herbs students have planted in their gardens.

- To encourage and promote students to introduce the herbal garden concept.
- To inculcate a sense of familiarity with surrounding biodiversity and its conservation, especially herbal plants
- To educate students in identifying different types of herbs and their uses including growing them in a garden

To encourage students to use herbs in food

THE CALCUTTA FABRIC PRINTING CLUB:

Aim: Learn how we make blocks for block printing and printing on paper and fabric.

Activities:

- Students will gain hands-on experience from artists and professional makers to learntechniques for surface design, pattern making and related skills.
- The program includes various forms of traditional and experimental print making like Woodcut, vegetable printing and Block Printing. The club instil an understanding of the technique and procedure involved in various printmaking practices.
- Students will learn how to carve rubber blocks and design their own.
- Will all work with the block samples to print paper and fabric.
- Dying of fabric
- Vegetable printing
- Stencil printing

BREAKING CAUCUS

Aim:

- To develop self-efficacy and confidence
- To enhance general knowledge base, analytical and interpersonal skills
- Develop writing and speaking skills (professional and creative) and the ability to think spontaneously.

Activities and plans

- Debates
- Group discussions
- Poetry and story writing
- Quizzes (on books, movies, series, general knowledge, mythology etc.)
- Just a minute (JAM)
- Spelling bee
- Social speaking / Elocution
- Book / Film reviews
- Word of the week and fun activities like treasure hunts etc.
- Character enacting
- Theatre workshops
- Participation in inter college events
- Social awareness through plays, mime etc.