

SUMMER CAMP

Friday, 30th May 2025

DAY 5



From rolling wheels to rhythmic beats, Day 5 was packed with action and excitement!

Whether it was dancing to Bollywood tunes, gliding on skates, or exploring gratitude through journaling, each activity helped campers express, explore, and enjoy.

The energy was high, the smiles wide, and the memories unforgettable!

Balance Within: A Journey Through Yoga



- Improved flexibility
- Better focus and concentration
- Relaxation of body and mind

In a deeply engaging yoga and stretching session led by Arun Sir, students explored powerful postures that combined balance, strength, and relaxation. From the grounded stillness of Vajrasana to the focused intensity of Bakasana, and the calming embrace of Child's Pose to the deep shoulder stretch of Gomukhasana—each asana offered a unique benefit. The session helped students enhance flexibility, improve concentration, and experience the harmony between effort and ease. A truly revitalizing practice for both body and mind!



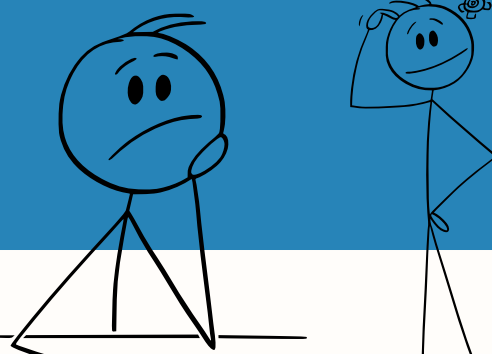
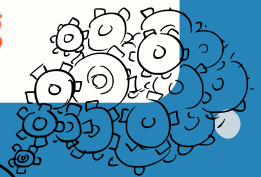


Storytime Adventures


This morning was full of excitement as the kids listened to the colorful tale of a Clever fish. From start to finish, they were all ears-wide-eyed and amazed as the fish outsmarted the fisherman! Smiles, whispers, and giggles filled the room. It was a fun, magical session that kept the joy flowing even after the story ended!



- Boosted listening skills
- Sparked imagination
- Encouraged smart thinking and problem-solving



IMAGINATION STATION

- 
- Improved self-confidence
 - Enhanced expression and creativity
 - Built teamwork and stage presence

STAGE STARS THEATRE



SHOW TIME

Brimming with excitement, our young stars came with their dramatic journey. Under the guidance of Ms Amita and Ms Anjali, the stage became a space of imagination and creativity. They explored voice modulation, body language, and brought their characters to life. Through fun and teamwork, their confidence blossomed. With courage and joy, these budding actors are well on their way to owning the spotlight!





DANCE LIKE A STAR



In a high-energy dance blast led by the dynamic Venus Sir, students grooved like stars to peppy Bollywood beats! They picked up cool moves, blending rhythm, flair, and fab expressions with every step. With giggles and twirls, the room lit up in a whirlwind of joy and color. Every stomp and spin boosted their confidence, sharpened coordination, and unleashed creativity.

It was a dance-tastic adventure where fun met fabulous – and everyone shone like a superstar!

TUNES, TALES & TOGETHERNESS

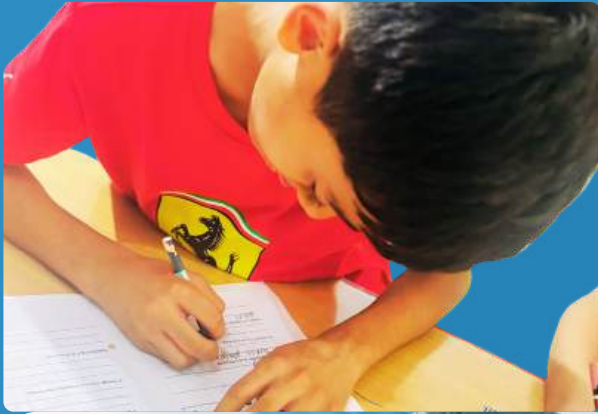


Guided by the ever-enthusiastic Radhika Ma'am, students dived into the high-spirited anthem "Koi Kahe Kehta Rahe" from Dil Chahta Hai. The session kicked off with fun vocal warm-ups and interactive rhythm drills that got everyone moving and smiling. As they sang along with passion and flair, students discovered how music can uplift, unite, and empower. The activity celebrated individuality and teamwork—reminding all that every voice matters and every beat tells a story!

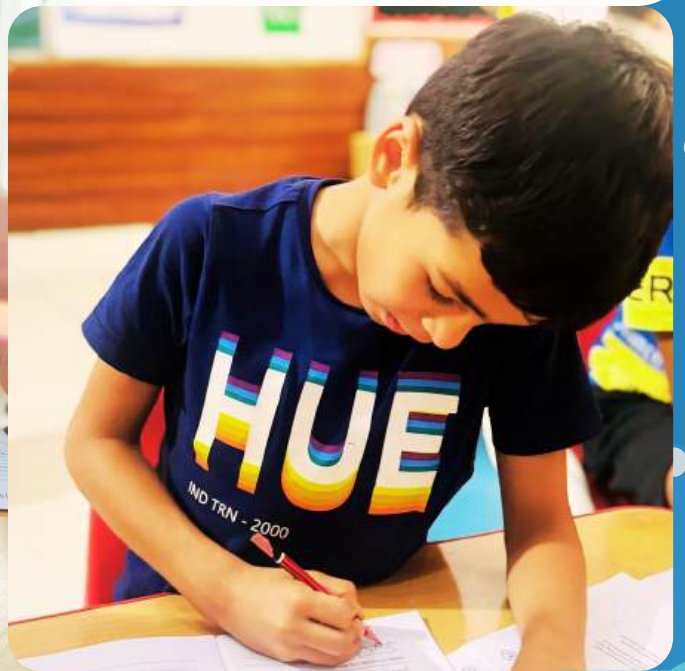


- BOOSTED SELF-EXPRESSION AND CONFIDENCE
- ENHANCED RHYTHM AND VOCAL SKILLS
- ENCOURAGED TEAMWORK AND UNITY





With calm minds and open hearts, students gathered around Sunita Jalali Ma'am for another inspiring gratitude journaling session. Encouraged to think about lessons learned, surprises that brought a smile, and people who made their day better, they dove deep into their emotions. The room buzzed with quiet introspection as each entry captured genuine appreciation. Through this simple yet powerful habit, students discovered that gratitude not only heals but also empowers the soul to see the good in every situation.



Gratitude Journal: Reflections from the Heart