

HAKUNA
MATATA

हो जा बावला...



Haku
पुस्तक

SUN Feb 16
2025

Hakuna Matata की Special Recipe



Haku Wonders

A spectrum of wonderful *Cultural Performances*
by the little ones of **KINDERGARTEN** to **GRADE 2**

Haku Utsav



A platform to excel in various *Cultural and Academic Competitions* for students of **GRADE 3** to **GRADE 5**



Haku aur Hum

Mesmerizing and fun-filled *Cultural Competitions*
by the **Families** of all the students of
KINDERGARTEN to **GRADE 5**

The Vibe



Hands-on experience through
vibrant workshops and inspiring events
for the students and parents
of **KINDERGARTEN** to **GRADE 5**



Hakuna Matata

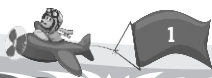
हैजा बावळ...


✧ Haku Utsav : General Rules ✧

- ❖ All the competitions in "Haku Utsav" comprise of individual as well as team events.
- ❖ All the competitions are open to all the students of Grade 3 to 5 in which they team-up as well as compete with each other irrespective of their Grade.
- ❖ In case of team events, teams are to be formed by students themselves.
- ❖ The events have been divided into four groups as under :
 1. Performing Arts
 2. Fine Arts
 3. Literary & Academic
 4. Haku Khela
- ❖ A student can participate in the following maximum number of events :
 1. Performing Arts, Fine Arts, Literary & Academic Events : 03
 2. Haku Khela : 01
- ❖ For events requiring music, such as dance, drama, music competitions, students will be given a link to upload their music files.
- ❖ No practice/preparation/rehearsal during the school hours will be allowed in the school premises for the competitions.
- ❖ Any obscene/vulgar content will NOT be allowed in any competition.
- ❖ In case of excess registration there will be an elimination round before Hakuna Matata.
- ❖ The decision of the judges will be final and cannot be challenged.

✧ Awards of Excellence ✧

- ❖ **MAST KALANDAR AWARD** : To be awarded to three students - one each from Grade 3, 4 & 5 who bag the maximum number of prizes.
- ❖ **HAKUNA KA SIKANDAR AWARD** : To be awarded to a student from any of the three grades who bags the maximum number of prizes.



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- ❖ The winners of **Haku Utsav** and **Haku Khela** are eligible to compete for these awards.
 - ❖ Evaluation of the awards will be based on the number of Gold, Silver and Bronze medals won by the students. A Gold medal carries 15 points whereas the Silver and the Bronze carry 10 and 5 points respectively.

✦ *Haku aur Hum : Family Competitions* ✦

IMPORTANT INFORMATION

- ❖ All the competitions in this category are **Family** competitions open to all the students studying in **Kindergarten** to **Grade 5**.
- ❖ Only immediate family members, including parents, grandparents, and siblings are eligible to participate in the family events.
- ❖ Students' participation is a **must** in all these events.
- ❖ Teams can participate in as many events as they wish.

✦ *The Vibe : Workshops for Parents/Students* ✦

IMPORTANT INFORMATION

- ❖ The Vibe is a series of workshops to be conducted by established professionals from Delhi. All these workshops are going to be conducted before Hakuna Matata for the Students and Parents of **Kindergarten** to **Grade 5**.
- ❖ The Vibe will be conducted on 12 February 2025.
- ❖ A student/parent can opt for only one workshop.
- ❖ All these workshops are paid workshops and the participation will be based on first-cum-first-served basis.
- ❖ All the creations by the students and parents during these workshops will be exhibited at Hakuna Matata.
- ❖ All the creations will be handed over to the respective students after Hakuna Matata. This is their property and they can take it home.





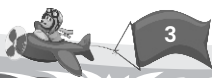
- ❖ For registration of The Vibe, students must submit the registration form along with applicable fee at the Junior Wing Reception.
- ❖ The Registration Form will be shared on MS Teams.
- ❖ Once registered, students will not be allowed to drop or change their workshop.

✦ *Registration Process* ✦

- ❖ Students and parents are supposed to scan the QR code provided on the Pustak cover page to begin the registration process.
- ❖ Online registration is required for Haku Utsav and Haku aur Hum.
- ❖ Registrations will start on 21 January and close on 28 January.
- ❖ For team events in Haku Utsav and Haku Khela, only the Team Leader needs to register on behalf of the entire team.
- ❖ For events requiring music, such as dance, drama, music competitions, students will be given a link to upload their music files on 3 February 2025.
- ❖ For Online Events also, students will receive a separate link to upload their entries on 9 February 2025.
- ❖ For The Vibe (Workshops), the Registration Form will be shared on MS Teams on 21 January 2025.
- ❖ Interested students/parents are supposed to take a printout of the same, fill it up and submit along with the workshop fee at the Reception.
- ❖ Once an individual/team has registered, no member will be allowed to change their participation.

✦ *Notable Dates* ✦

Haku Utsav & Haku aur Hum Registration	21-28 January 2025
The Vibe Registration	21-28 January 2025
Submission of Final Tracks	4 & 5 February 2025
Submission of Online Entries	10 February 2025





✦ Haku Utsav ✦

EVENTS

Performing Arts : DANCE

1. Shimmer & Shine

- a. This is a group dance competition.
- b. Teams should consist of minimum 4 and maximum 7 members.
- c. Teams can be formed with students of any Grade from 3 to 5.
- d. Costumes and props are a must.
- e. Time limit : minimum 1.5 minutes ; maximum 3 minutes.
- f. Teams can choose any one of the given themes :
 - i) **Decades in Motion** : Creating magic of different decades, from the groovy 70's to the tech-driven 21st century.
 - ii) **Bollywood बारात** : Recreating the energy of a big, fat Indian wedding through dance and drama.

2. Triple Threat

- a. This is a dance competition for teams of three members.
- b. Teams can be formed with students of any Grade from 3 to 5.
- c. Costumes and props are a must.
- d. Time limit : minimum 1.5 minutes ; maximum 3 minutes.
- e. Teams can choose any one of the given themes:
 - i) **Regional Khichdi** : Fusion of iconic filmy songs which should include Hindi and at least 2 songs in regional languages (Tamil, Malayalam, Punjabi, Gujarati, etc)
 - ii) **Desi-Firangi Fusion** : Merge Indian dance styles like Kathak or Bharatnatyam with global ones like hip-hop.
 - iii) **Rang de India** : Celebrate India's diversity with vibrant colors and regional dance styles.



3. One Beat Wonder

- a. This is a solo dance competition.
- b. Costumes and props are a must.
- c. Time limit : minimum 1.5 minutes ; maximum 3 minutes.
- d. Participants can choose any one of the given themes :
 - i) **Around the World** : Participants should perform dances inspired by different countries or cultures.
 - ii) **Disco Fever** : Travel back to the groovy '70s with fun disco-themed moves and funky tunes.
 - iii) **Incredible India** : Celebrate India through Dance on any folk style of India.

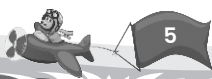
Performing Arts : MUSIC


4. Sonic Smackdown

- a. This is a duet singing competition.
- b. Teams can be formed with students of any Grade from 3 to 5.
- c. This is an open theme event. Teams can sing any song or a fusion of songs.
- d. Language no bar.
- e. Time limit : minimum 1 minute ; maximum 3 minutes.
- f. Teams can use karaoke.
- g. Teams can also bring accompanists for the performance.
- h. Costumes are a must but no props allowed.

5. Spot-ify The Taal

- a. This is a solo instrument playing competition.
- b. Participants should bring their own instruments.
- c. Participants can also bring their own accompanist, if required.
- d. Time limit : minimum 1.5 minutes ; maximum 3 minutes.
- e. Costume will be an additional attraction.





6. Sing it, Swing it

- a. This is a solo singing competition.
- b. Language no bar.
- c. Participants can choose any one of the given themes:
 - i) **Iconic Playback** : Sing a fusion of popular playback songs by famous singers like Lata Mangeshkar, Kishore Kumar, Arijit Singh, etc.
 - ii) **Sounds of India** : Celebrate the diverse musical heritage of India by singing songs from various regions, languages and cultures.

Performing Arts : DRAMA

7. I am Drama

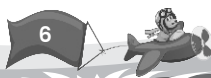
- a. This is a solo-acting competition.
- b. Participants should prepare a scene/monologue where they should enact at least 2 different characters.
- c. Time limit : minimum 1 minute ; maximum 4 minutes
- d. Language no bar.
- e. Costumes and props are a must.

8. Ad-O-Rama

- a. This is a Mad-Ads competition in which students are supposed to create humorous advertisements for a product, service or cause. In these ads, students are encouraged to think out-of-the-box and come up with exaggerated or playful concepts, making the product or idea seem exciting and unique.
- b. Teams can be formed with students of any Grade from 3 to 5.
- c. Teams should consist of minimum 3 ; maximum 7 participants.
- d. Costumes and props are a must.
- e. Time limit : minimum 2 minutes ; maximum 5 minutes.

9. Navarasa Challenge

- a. This is a team event.
- b. The team should consist of 2 members.





- c. The teams should enact a scene/story/play depicting all the Navarasas.
- d. Time limit : minimum 2 minute ; maximum 4 minutes.
- e. Costumes and props are a must.

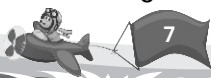
FINE ARTS


10. Story in a Frame

- a. This is an individual event.
- b. In this event, participants are supposed to depict a story or a scene through drawing, painting, sketching etc. in a picture frame. The story can be from a book, fairy tale, folk story, or an original creation by the student. Participants should also be able to explain the story to the judges.
- c. Time limit : 1 hour.
- d. Participants can use any art material such as coloured pencils, markers, paints, paper cutouts, fabric, or any other craft material to create their depiction.
- e. Students are encouraged to use a mix of materials to make the story vibrant (e.g., 3D elements, textured surfaces, etc.).
- f. Participants should bring all illustration and decorative material.
- g. School will provide the frame (A3 size) with an ivory sheet base to the participants.
- h. Students are not permitted to use any references, such as printouts or mobile phones, during the competition.

11. Fine Artists

- a. This is a 'Do it Yourself', craft based competition in which the teams have to create pieces of craft out of any material.
- b. Team strength : 2 members
- c. Time limit : 1.5 hours
- d. Teams should create any three pieces of craft items as per the list below:
 - i) Personal Diary Cover Design





ii) Hanging Lamps

iii) Holi Gift Box

iv) Ceramic Planters

v) Funky Caps/Hats

(Size : Maximum 10 inches)

- e. Each craft work will be displayed after the completion.
- f. Both the members should be present at the start of the event.
- g. Students should bring their own material.
- h. Students are not permitted to use any references, such as printouts or mobile phones, during the competition.

12. Paint-a-Palooza

- a. This is face painting competition.
- b. This is a team event of 2 members.
- c. In this competition, each participant must work in pairs: one as the painter and the other as the canvas and they have to switch roles in time.
- d. Time limit : 1 hour
- e. The teams can choose any one of the given themes :
 - i) **Happy Holi**
 - ii) **Emoji Explosion** - Turn faces into expressive emojis
 - iii) **Festive Fun** - Designs inspired by holidays like Diwali, Christmas, or Halloween.
- f. Students are not permitted to use any references, such as printouts or mobile phones, during the competition.

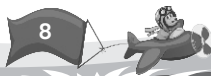
LITERARY & ACADEMIC EVENTS

13. Bee the Champion

- a. This is a Spelling Bee competition.
- b. This is an individual event.
- c. This competition consists of 2 rounds :

PRELIMS

- i) Basic Words





FINALS

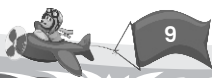
- i) Jumble Words ii) Challenger's Round
- d. The competition will include words from the following themes :
 - a. STEM b. Environment c. Oceans and Marine Life
 - d. Home e. Homophones
- e. Participants may request the **meaning of the word** during the competition for clarification.

14. Dream Draft

- a. This is a short story writing competition.
- b. This is an individual event.
- c. Each participant must create an original short story based on a prompt that will be given to them on February 10, 2025.
- d. The story must be between 150–300 words.
- e. The school will provide the paper for writing, but students need to bring their own stationery.
- f. Time limit : 1 hour
- g. Language : English or Hindi
- h. Illustrations are optional but may add bonus points if they enhance the story.

15. IQ Express

- a. This is a Quiz Competition.
- b. Team strength : 2 members
- c. There will be two rounds :
 - ❖ Prelims : Written round
 - ❖ Final round will be a mix of oral/audio/video based questions
- d. The Quiz will include questions from the following domains :
 - ❖ **Current Affairs**
 - i) Olympics and Paralympics 2024
 - ii) Books and Authors – Indian





❖ **Social Science**

- i) Asian Countries : capital, currency, map and location
- ii) Indian Diversity : food, clothes, art, culture, monuments and festivals

❖ **Science**

- i) Inventions and Discoveries in India
- ii) Human Body System

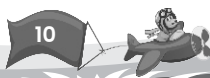
16. Project Playground

- a. This is an individual event.
- b. Participants can create projects that align with their interests and academic subjects - be it science, history, art, literature, or mathematics, but with a twist. The projects must have a hands-on or interactive component, making them both fun and educational.
- c. Projects can be based on any subject of the student's choice—science, mathematics, literature, history, geography, or even a mix of subjects.
- d. Students are encouraged to think creatively and create something interactive (e.g., models, demonstrations, experiments, games, or artistic displays).
- e. Time limit : 1 hour
- f. Students should bring any material they need. However, the school will provide tables, chairs, electrical points, if required.
- g. Each team must present its project within 5 minutes—explaining the concept, demonstrating the functionality (if applicable), and answering any questions from the judges.

HAKU KHELA

17. Kho-Kho

- a. Each team will consist of 6 players.
- b. Teams should be a mix of both boys and girls with a minimum of 02 girls.





- c. The game will have two innings, each lasting maximum 5 minutes.

18. Tug-of-War

- a. Each team will consist of 6 players.
- b. Teams should be a mix of both boys and girls with a minimum of 02 girls.

✦ *Haku aur Hum* ✦

FAMILY COMPETITIONS

1. Chance pe Dance

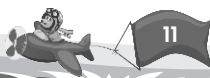
- a. This is a family dance competition.
- b. A team can consist of maximum 5 members.
- c. Theme of the event :
Retro Rewind : Families showcase their best moves to retro Bollywood and vibe to the 60's, 70's, 80's and the 90's music.
- d. Time limit (including set-up) : maximum 4 minutes


2. MiC & Cheese

- a. This is a Karaoke singing competition.
- b. Each team must consist of 2 member (1 parent & 1 student)
- c. Teams can select any song of any language.
- d. Teams are supposed to submit their songs in advance.
- e. Time limit : minimum 2 minutes ; maximum 4 minutes.
- f. Teams are encouraged to include choreography, costumes or props for added flair to their performance.

3. Crafty Clan Challenge

- a. This is an art & craft competition for families.
- b. Each team should consist of 3 members (2 family members & 1 student)
- c. Teams should to create an art or craft project, using recyclable/ reusable items (cardboard, bottles, fabric etc.).



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- d. Teams should bring their own material including basic craft supplies and stationery.
 - e. If required, the school will provide electrical connections.
 - f. The art/craft work will be displayed after completion.
 - g. Time limit : 1 hour

4. Roz ka Drama!

- a. This is a family skit competition.
- b. In this competition, families should create a funny, dramatic skit depicting '**A Day at Home.**'
- c. Team strength : minimum 2 members ; maximum 5 members.
- d. Language no bar.
- e. Costumes and props are a must.
- f. Time limit : minimum 2 minutes ; maximum 5 minutes.

5. Beg, Borrow, Steal

- a. This is an exciting and a vibrant game designed for families.
- b. In this game, teams will receive a list of items to gather from anywhere on the school campus within a given time. Hence, named 'Beg, Borrow, Steal.'
- c. Team strength : 2 members (1 parent/grand-parent & 1 student).
- d. Teams that gather the most or all the items from the list within the given time will win the game.

6. Haku FAM-tastic Catwalk

- a. This is a family fashion show competition.
- b. Team Strength : Minimum 2 members ; maximum 5 members
- c. Theme of the event : '**Retro Bollywood**'
- d. Each team has 2 minutes to shine on stage with their walk and poses and one team member should explain why their family is a 'Fully Filmy Family.'





- e. Teams should bring their own costumes and props to complement the theme.
- f. The school will provide the music for the event. However, if teams wish to walk to their own music, they must submit the music on a pen drive to the event Incharge before Hakuna Matata.

7. So... fa So Good

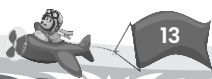
- a. This is an Online event in which families are supposed to showcase their unique skills/talent from the comfort of their homes.
- b. Families can perform solo, with a partner or as a group (maximum 5 members per performance).
- c. Time limit : minimum 2 minutes ; maximum 5 minutes
- d. Participants can use simple props or costumes, but everything must be prepared and used within their home space.
- e. Families can showcase singing, dancing, magic tricks, mimicry, storytelling, stand-up comedy, or any unique skill.
- f. The teams will be given a link to upload their entries. The entries should be submitted by 10 February 2025.


8. LOL Express

- a. This is an Online family meme-making competition.
- b. Teams should submit a series of 2 memes to complete a story based on any one of the given themes :
 - i) **Home scene, one hour before traveling**
 - ii) **Late for school**
 - iii) **Parent-Educators Meet**
- c. The teams will be given a link to upload their entries. The entries should be submitted by 10 February 2025.

9. One Pose Please

- a. This is an Online Photography competition.
- b. In this competition, the student will be the photographer and family member/s the models.



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- c. Teams should submit 3 funny photos of family members dressed up and posed as famous personalities (like celebrities, politicians, or sports stars) with funny expressions or quirky props.
 - d. Props and costumes are a must.
 - e. The most hilarious series of photographs that creatively tell a story will be the winner.
 - f. The teams will be given a link to upload their entries. The entries should be submitted by 10 February 2025.

10. Family Flick

- a. This is an Online short film making competition.
- b. Team strength : minimum 2 members; maximum 5 members
- c. Theme : **'A Day in the life of a Super Family.'** Whether it's a superhero family ; a family in a wild adventure or just a hilarious twist in daily life. Be creative and make a funny film.
- d. Time limit : minimum 1 minute ; maximum 3 minutes
- e. Films can be shot using smartphones, cameras, or any device.
- f. Get creative with props and costumes. Use whatever is available at home. A pillow for a superhero cape, a broom for a magic wand - anything goes.
- g. Extra points for DIY props and costumes made from everyday household items.
- h. The teams will be given a link to upload their entries. The entries should be submitted by 10 February 2025.

11. Trend Mash-up

- a. This is an Online competition in which families have to create a Reel combining 2-3 currently trending videos (from Instagram, TikTok, or YouTube shorts) into one cohesive and creative mash-up.
- b. Team strength : minimum 2 members ; maximum 5 members
- c. The mash-up should seamlessly blend the trends, creating a funny or unique storyline.



- d. Time limit : maximum 1 minute
- e. Use the trending videos as a base, but make sure to add your own creative twist.
- f. Feel free to get creative with props and costumes to enhance the video.
- g. The teams will be given a link to upload their entries. The entries should be submitted by 10 February 2025.

The Vibe

Creating and exploring magic
through
vibrant workshops



in collaboration with


NIV Art Centre, New Delhi

and

Ms Ipshita Kandulna, UNESCO-CID certified

Expressive Art Therapist

We are happy to announce that Hakuna Matata 2025 is going to feature six very creative, educative, out-of-the-box workshops in collaboration with NIV Art Centre, New Delhi ([@nivartcentre](#)) and Ipshita Kandulna, a UNESCO-CID Certified Expressive Art Therapist to elevate the experience and learning of our students. These workshops



are going to be conducted by established professionals eager to share their knowledge with our students.

NIV is a dynamic production house at the intersection of film, art and culture, dedicated to fostering creativity through multicultural events, workshops and performances. With over 15 acclaimed films under NIV's banner, their work resonates globally.

Ipshita Kandulna, a UNESCO-CID certified Expressive Art Therapist, is deeply passionate about supporting individuals on their mental health journeys through the use of art, music, movement, and other creative mediums. Drawing from her own life experiences and understanding of challenges, Ipshita empowers individuals to tap into their inner strengths and gain fresh perspectives, making her workshops a transformative and enriching experience for participants.

WORKSHOPS FOR STUDENTS AND PARENTS BY NIV ART CENTRE

1. Candle Making and Decoration Workshop

In the Candle Making and Decoration workshop, participants will explore how to craft beautifully scented candles and then decorate them with intricate designs. This activity blends art and craftsmanship, giving participants a chance to create something personal and functional.

Information :

- a. All the workshop related material, as per the list given below will be provided by the school :
 - i) Soy Wax
 - ii) Moulds
 - iii) Perfume
 - iv) Types of wicks
 - v) Glitter
 - vi) Colour
- b. Batch Strength : 25 teams per batch (first-cum-first served basis)
- c. Duration : 1.5 hours
- d. All the creations will be handed over to the respective teams after Hakuna Matata. This is their property and they can take it home.

WORKSHOP FEE : RS. 1200/- PER TEAM



2. Batik Painting

Batik is a “resist” process for making designs on fabric. The process wax resist then dye, can be repeated over and over to create complex multi coloured designs. The tradition is found in many South East Asian countries like Indonesia, Singapore, Malaysia, Myanmar, India and Bangladesh.

Information :

- a. All the workshop related material, as per the list given below will be provided by the school :
 - i) Bee Wax
 - ii) Paraffin Wax
 - iii) Resin
 - iv) Brushes
 - v) Ramasol Wax Colours
 - vi) Chanting tools
 - vii) Sodium Silicate Fixer
- b. Batch Strength : 25 teams per batch (first-cum-first served basis)
- c. Duration : 2 hours
- d. All the creations will be handed over to the respective teams after Hakuna Matata. This is their property and they can take it home.

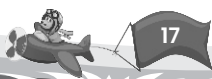
WORKSHOP FEE : RS. 1400/- PER TEAM


3. Fluid Art

Fluid art is a creative painting technique where liquid paint is poured, dripped, or swirled onto a surface to create stunning, abstract designs. Instead of using brushes, children use tools like cups, straws, and palette knives to manipulate the paint, resulting in unique and mesmerizing patterns. The process emphasizes spontaneity, experimentation, and fun rather than precision, making it a highly engaging activity for everybody.

Information :

- a. All the workshop related material, as per the list given below will be provided by the school :
 - i) Canvas
 - ii) Wax Colours
 - iii) Paper Mugs
 - iv) Easel



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- b. Batch Strength : 25 teams per batch (first-cum-first served basis)
 - c. Duration : 2 hours
 - d. All the creations will be handed over to the respective teams after Hakuna Matata. This is their property and they can take it home.

WORKSHOP FEE : RS. 1200/- PER TEAM

WORKSHOPS FOR STUDENTS ONLY BY MS. IPSHITA KANDULNA

4. Cape-Abilities : A Superhero Workshop

This engaging workshop for **Senior Kinder** and **Grade 1** students is designed to nurture creativity, emotional well-being, and interpersonal skills through a variety of expressive art modalities.

Workshop Highlight :

- a. Express Yourself : Encourage your child to share their thoughts and emotions.
- b. Boost Self-Esteem : Build confidence through creative activities.
- c. Develop Social Skills : Help them connect and collaborate with others.
- d. Explore Emotions : Teach them to understand and manage their feelings.
- e. Problem-Solving Fun : Nurture creativity and critical thinking.

Creative Activities :

- a. Clay Art : Hands-on fun to spark imagination and expression.
- b. Dance & Movement : Learn through rhythm and movement.
- c. Storytelling Sessions : Collaborate to create unique stories.
- d. Music Therapy for enrichment and creating a joyful atmosphere

Information :

- a. This workshop is specially designed for the students of Bloom Bunch to Grade 1.
- b. All the workshop related material will be provided by the school.



- c. Batch strength : 25 members per batch (first-cum-first served basis)
- d. Duration : 2 hours.

WORKSHOP FEE : RS. 1000/- PER STUDENT

5. Unleash Your Inner Artist

This workshop, designed for **Grade 2** and **Grade 3** students, helps children gain confidence, discover more about themselves and become stronger in handling challenges.

Workshop Highlights :

- a. Build Confidence : Help your child feel capable and ready to take on challenges.
- b. Increase Self-Awareness : Encourage understanding of their emotions and strengths.
- c. Develop Resilience : Teach skills to adapt and bounce back from difficulties.
- d. Explore Identity : Inspire self-expression and individuality.

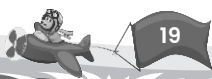
Creative Activities :

- a. Collage Art : Fun, hands-on creativity to spark self-expression.
- b. Dance & Movement : Boost confidence through fun physical activities.
- c. Music Therapy for enrichment and creating a joyful atmosphere

Information :

- a. This workshop is specially designed for the students of Grade II – Grade III.
- b. All the workshop related material will be provided by the school.
- c. Batch strength : 25 members per batch (first-cum-first served basis)
- d. Duration : 2 hours.

WORKSHOP FEE : RS. 1000/- PER STUDENT





6. Discovering My Inner World : A Mask Making Workshop

This thoughtfully designed workshop for **Grade 4** and **Grade 5**, helps children grow emotionally and understand themselves better through fun and creative activities.

Workshop Highlights :

- a. Build Confidence : Help your child feel self-assured and positive.
- b. Boost Insight : Encourage understanding of thoughts and emotions.
- c. Regulate Emotions : Teach skills to manage feelings effectively.
- d. Explore Identity : Support self-discovery and personal growth.

Creative Activities :

- a. Collage Art : Express creativity through playful visuals.
- b. Dance & Movement : Learn and grow through rhythm and motion.
- c. Music Therapy for enrichment and creating a joyful atmosphere

Information :

- a. This workshop is specially designed for the students of Grade 4 to 5.
- b. All the workshop related material will be provided by the school.
- c. Batch strength : 25 members per batch (first-cum-first served basis)
- d. Duration : 2 hours.

WORKSHOP FEE : RS. 1000/- PER STUDENT



Get...

Set...



Haku...



ENQUIRY DESK

A. Related to Events

Ms. Aastha Gulyani
99889 98548

Ms. Pooja Bhardwaj
72065 23728

B. Related to Online Registration/Submission

Mr. Sandeep Arora
98967 74880

Ms. Sneha Bhardwaj
95184 05718

Ms. Pratibha
97299 09911



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