



TVIS/Activities/2022-23/011

27/06/2022

Dear Parent,

Greetings from TVIS.

Hobby Clubs @ The Village International School!

"If you want to keep your life in order, start giving importance to your hobbies"

Hobbies are great ways to indulge in creative pursuits. Regardless of which hobby we choose, the benefits of engaging in a hobby will surely surprise us. It is a means of self-discovery, helps to develop social skills, nurtures creativity, and ensures cognitive development and physical well-being. Keeping this in view, TVIS has initiated a 'Hobby Club'. The Hobby Club aims to bring out the innate capabilities in the student and to boost confidence and team spirit. The club aims to improve concentration, foster self-esteem and enable students to derive immense satisfaction resulting in an overall positive impact. They act as stress busters and provide a refreshing change for the young minds and make students smarter than they already are.

Most of the skills specified in the below mentioned hobby classes will be given to the students through their PE classes. Those who would like to learn and practice more a particular hobby should join hobby classes to master these skills. Please note that these hobby classes are not compulsory but it is advisable to enroll your ward to overcome the challenges they faced during the last two years of the pandemic.

TVIS Hobby Club provides the following activities where in the children will get a chance to succeed in an area of their choice and interest.

1. **Swimming**

Swimming is an activity that helps to build endurance, muscle strength and cardiovascular fitness. It also helps you maintain a healthy weight, healthy heart and lungs.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/-per month

2. **Archery**

The very heart of archery is learning a step-by-step method for drawing a bow and shooting an arrow. Archery is a sport rooted in accuracy which makes it a fun and easy way to improve hand-eye coordination skills, upper body strength, core stability, and balance. It also helps to improve focus and concentration.

Sessions: Saturday

Duration: 90 minutes

Fee: :₹1000/-per month

3. **Karate**

Karate is one of the martial arts that focuses on physical, mental and social well being. Apart from health benefits, it also boosts one's self-confidence and develops self-discipline.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

The Students can choose any one of the following:

- (a) **SHIHAN RANJIT JOSE, SHINBUKAN** [Click Here](#) for more details
- (b) **SEMPAI NIDHEESH MR** [Click Here](#) for more details

4. Roller Skating

Roller Skating is a great way to improve heart health, strengthen muscles, and burn calories. It also helps the children to cope up with mood swings and provide self-esteem.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

5. Robotics

Robotics focuses on the understanding and application of technology in a real-world scenario by enabling the students to develop animations, video games, mobile apps and robots. It can also be a force for positive social impact as it will help the children to improve his/her creativity, collaboration skills and problem-solving skills.

Sessions: Saturday

Duration: 90 minutes

Fee: :₹1000/-per month

6. Soccer (K T Chacko Soccer School)

Soccer (also called football, especially in other countries) is the most popular sport in the world and is played in most countries. Soccer is a good sport for maintaining health, fitness, strength and endurance. The sessions will be held Monday to Saturday for two hours.

The sessions will be taken by AIFF affiliated trainers from K T Chacko Soccer School.

Admission fee structure:-advance

✓ coaching fee:₹1000/-

✓ Jersey and shorts:₹700/-

✓ Admission fee:₹500/-

Total amount :₹2200/- Then, monthly fees: **₹1000/-**

Sessions: 2 days per week

Duration: 90 minutes/day

7. Bharathanatyam & Mohiniyattam

Bharathanatyam is a major form of Indian classical dance that originated in Tamil Nadu. Bharathanatyam is a kind of dance form that dwells on discipline. Bharatnatyam is associated with expressions and gestures which help in communicating the message and feelings. Mudras and expressions help in talking with the audience through the dance and also help in improving flexibility. The classes will be handled by dance facilitator Ms. Shilpa.

Mohiniyattam is a classical dance form of Kerala. This dance form is unique with its slow, graceful movements and facial expressions. Mohiniyattam lays emphasis on acting as the dancer identifies herself with the character. The session will be taken by dance facilitator Ms. Shilpa.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

8. Kabaddi

Kabaddi is a popular Indian game played between two teams on the opposite halves of a field or court. Kabaddi is a good sport as it helps the students to enhance presence of mind, pay attention to small things, improve stamina, and also improve multitasking abilities. Students will be trained by P.E. facilitator Mr. Manish, who was an Indian Kabaddi Player (Junior).

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

9. Sepak Takraw

Sepak Takraw is a foot volleyball game where players touch as well as handle the ball using only their feet, knee, chest and head. It helps the students to improve their cardiovascular fitness and physical coordination. The health benefits also include an increase in strength, stamina and endurance. P.E. facilitator Ms. Bilbi Jacob who was a state player of Kerala Sepak Takraw team will train the students.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

10. Basketball

Basketball is one of the fastest growing and most popular sports. Basketball helps students to strengthen muscular endurance, improves balance and coordination, keeps their heart healthy and helps them to think quickly.

Basketball trainer: Mr. Kethongulie Alex from Nagaland. (State Player)

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

11. Odissi Dance

Odissi is a dance form from the state of Odisha in eastern India. It is recognised as one of the eight classical dance forms of India. It is an illustrative anecdote of mythical and religious stories, devotional poems, and spiritual ideas. Odissi dance will be trained by Social Science facilitator and trained Odissi dancer, Ms. Sayantani Banarjee.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

12. Chess

Chess is one of the oldest and most popular board games played by individuals of all age groups. Chess helps children to realize the consequences of their actions, builds confidence, and develop problem solving skills.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: :₹1000/- per month

13. Drawing & Watercolour Painting

Painting and drawing encourage the **growth of motor skills and coordination**. It helps the children to **improve creativity, memory, communication skills and problem-solving skills**. Art teacher Mr. Amit, who holds a master's degree in Fine Arts and an expert in water colour painting will be taking the sessions for students.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: ₹1000/- per month

14. Theatrics

Theatrics comprises **script writing, speech and dialogue, action and reaction, and body and movement**. The students will be equipped with the skills to **improve their confidence** and **overcome stage fear**. Mr. Deepak D. Hariharan (HoD English) has an **experience of 11 years** in this field and has worked with Bangalore-based theatre and music groups.

Sessions: 2 days per week

Duration: 90 minutes/day

Fee: ₹1000/- per month

15. **Theatrics (Online)**

“**LIGHT THE FLAME WITHIN**” [Click Here](#) for more details

The course is offered by one of the oldest, active and renowned theatre groups. The course curriculum, topics, materials and activities are designed by a team of educators, CBSE and life skill trainers, cbse principals, actively performing artists, academically qualified artists and teachers.

- The course facilitators are academicians, trainers, researchers as well as actively performing artists in their respective areas of expertise
- Being the pilot launch of the initiative, the master trainers themselves will be handling the sessions.
- Mode: 12 online classes and 2 offline classes
- Reg fee: 750 for the whole year
- E certificates to the best performers
- Assignments after each fun filled interactive session
- Only for Grade 1 to 8 students

Note:

- A minimum of 25 students are required for the Hobby Club.
- The days will be finalized after getting the student’s strength.
- **Parents have to arrange the transportation**
- Snacks will be provided from the school
- All hobby classes after school academic hours

Evenings: 04.00 pm to 05.30 pm & Saturdays: 09.00 am to 11.30 am

Students are requested to discuss with parents and fill the attached Google Form.

<https://forms.gle/vHMOVZ2LLXKSZDFgMA>

Thank you.

Warm regards

Zacharias Jacob

Principal