














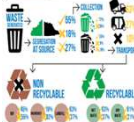











## Extra Curricular Module for the 95<sup>th</sup> foundation Course (October 19 - November 06, 2020)

S/N	ECM	Guest / Trainer	References	Club / Society	Duration	Venue	Number of OTs
1	Wall Climbing / Rappelling	ITBP Instructors 	Wall Climbing and Rappelling is a sport that challenges Mind & Body. It is a sport that increases mobility, upper body and grip strength; but more importantly, dexterity and hand-eye coordination.	Adventure Sports Club	3 Weeks	Near SA Parking Area	20
2	Horse Riding	Riding Section 	Horse Riding gives us a wide range of physical and psychological benefits from muscle tone improvement to improve our confidence, the control over our emotions and our self-esteem when we achieve to control a horse through aids.	Adventure Sports Club	3 Weeks	Riding Ground	20
3	Unarmed Combat	Hemraj Sharma, ITBP 	Hemraj Sharma is 4th degree Black belt from Seiko kai SHITO-RYU Karate and 3rd degree black belt from ALL INDIA KARATE-DO FEDERATION. He is posted in ITBP Academy mussoorie as a instructor and also has been selected for best instructor. <a href="https://www.facebook.com/hemraj.sharma.7564">https://www.facebook.com/hemraj.sharma.7564</a> <a href="http://rajkarate.com/hemraj_sharma.php">http://rajkarate.com/hemraj_sharma.php</a>	Adventure Sports Club	3 Weeks	Open Gym Area	30
4	GIS Workshop	IIRS, NIC & Survey of India 	Geographic Information System (GIS) technology has predominantly changed how our world is analyzed and modeled. Be it small businesses, multinational companies, agriculture-based companies, educational institutions, or maps guiding a lost individual- GIS finds application in many areas.	Computer Society	3 Weeks	Computer Centre	30
5	Smartphone Film Making	Ritesh Taksande 	Working in the media industry for the past 10 years as Director, Cinematographer, Film-Maker and Media Educator. Worked on many national and international film project. <a href="https://www.myfirstfilm.org/ritesh-taksande">https://www.myfirstfilm.org/ritesh-taksande</a>	Film Society	3 Weeks	Computer Centre	20
6	Contemporary Dance	Gaurav Sharma 	Gaurav Sharma is well known Dancer and Choreographer. He has numerous awards under his name. <a href="https://www.facebook.com/gauravdanceacademy">https://www.facebook.com/gauravdanceacademy</a>	Fine Arts Association	3 Weeks	Officers Gym	30
7	Indian Folk Dance	Rajasthan Folk Dance - (Kalbelia) Yash Panwar 	Meena Sapra & Groups are a best folk dance group of Rajasthan who is a master in performing Kalbeliya, Ghoomar, Chari, Bhavai and Teratali Dance. Meena Sapra & Groups has performed in many countries like China, Sweden, Thailand, Belarus, Bangkok & in many European countries. <a href="http://meenasapera.com/kalbeliya-dance">http://meenasapera.com/kalbeliya-dance</a>	Fine Arts Association	1 Week	Gyanshila Lounge	30
		Punjabi Folk Dance - (Bhangra) Baljinder Singh 	Baljinder Singh International Turban Tying Academy is famous for Punjabi Bhangra. The academy had given performance in various regions of India and overseas. <a href="https://www.facebook.com/Baljinder-Singh-International-Turban-Bhangra-Music-Dhol-Group-240644799784082/?ref=page_internal">https://www.facebook.com/Baljinder-Singh-International-Turban-Bhangra-Music-Dhol-Group-240644799784082/?ref=page_internal</a>		2 Weeks		

8	Music Instrumental (Guitar)	Ajay Kumar		<ul style="list-style-type: none"> <li>- Learn how to figure out songs by ear</li> <li>- Get new techniques and patterns for accompaniment and rhythm playing</li> <li>- Discover the secret to soloing (even over changing tonal centers!)</li> <li>- Understand healthy body use</li> <li>- Demystify terms, symbols and concepts of music theory</li> <li>- Increase your confidence, make new friends and have fun!</li> <li>- Increase your knowledge of the fretboard – quickly!</li> </ul>	Fine Arts Association	3 Weeks	OT Lounge	15
9	Music Instrumental (Key Board)	Rahul S. Markandey		<p>Fully immerse yourself in keyboard performance. Develop your skills in improvisation, performance, chord theory ensemble playing, and synthesizer technology through this dynamic workshop. You'll be exposed to a variety of styles, including jazz, hip-hop, rock, R&amp;B, pop, funk, Latin, and fusion.</p> <p><a href="https://youtu.be/laT17k6Zg0s">https://youtu.be/laT17k6Zg0s</a></p>	Fine Arts Association	3 Weeks	OT Lounge	20
10	Music Instrumental (Drums)	Shivaji Gaikwad, MIS		<p>Drumming workshop includes sharing and learning how to take turns as well as contributing to a group activity. Playing the drum also assists with many cognitive and emotional needs. It is also a way of channelling aggressive and impulsive outburst and can release body tension. It is a wonderful stress reliever and a means of improving confidence and self-esteem.</p>	Fine Arts Association	3 Weeks	SA (Foyer)	12
11	Music Vocal	Meena Jugran		<ul style="list-style-type: none"> <li>- Singing improves your mood.</li> <li>- It is very effective as a stress reliever and improves sleep.</li> <li>- Singing releases pain-relieving endorphins.</li> <li>- Your posture improves.</li> <li>- Lung capacity increases.</li> </ul>	Fine Arts Association	3 Weeks	OT Lounge	10
12	Art - Water Colour	Sachin Musale		<p>Relatively Inexpensive For budding artists, one of the biggest advantages of watercolors is that they don't require a lot of expensive equipment or supplies to get started. All you need is a good set of brushes, a set of watercolor paints and some watercolor paper.</p> <p><a href="https://www.instagram.com/sachinmusale/?hl=en">https://www.instagram.com/sachinmusale/?hl=en</a></p>	Fine Arts Association	3 Weeks	Language Block	20
13	Art - Pencil & Charcol	Harshada Kerkar		<p>Harshada Kerkar has many solo and group shows to her credit and has also participated in the National Lalit Kala Akademi Exhibition, New Delhi.</p> <p><a href="https://www.saffronart.com/artists/harshada-kerkar">https://www.saffronart.com/artists/harshada-kerkar</a>  <a href="http://goaartgallery.com/harshada.htm">http://goaartgallery.com/harshada.htm</a></p>	Fine Arts Association	3 Weeks	Language Block	20
14	Painting Oil	Sanjay Kumar		<p>Sanjay Kumar has presented a research paper on "The Philosophy of Colours in Modern Painting". He has held a number of solo shows, a prominent one being at the Jehangir Art Gallery, Mumbai, in 1993. He has participated in numerous group shows all over the country.</p> <p><a href="https://www.saatchiart.com/kaosikij">https://www.saatchiart.com/kaosikij</a>  <a href="https://www.saffronart.com/artists/sanjay-kumar">https://www.saffronart.com/artists/sanjay-kumar</a></p>	Fine Arts Association	3 Weeks	SR – VII (Gyanshila)	20
15	Waste to Art	Capt. Sunpreet Singh		<p>From appropriate handling and recycling to the disposal of waste, managing all activities related to the waste management.</p> <p><a href="http://www.humanmatrix.co.in/waste-management/">http://www.humanmatrix.co.in/waste-management/</a></p>	Hobbies Club	3 Weeks	Amphitheatre/ Kalindi Lawn	20
16	Jute Handicraft	Anil Chandola Project Manager & Incharge Bhartiya Gramotthan Sanstha		<p>Bhartiya Gramotthan Sanstha is a registered organization working since 31 years in the field of social and rural development. The working areas of the organization is handicraft, handloom (wool, cotton, jute), jute carpet, giving commercial training to the women self help group (SHG) for income generation.</p> <p><a href="http://www.bgsuttarakhand.org.in/index.html">http://www.bgsuttarakhand.org.in/index.html</a></p>	Hobbies Club	3 Weeks	Amphitheatre/ Gyanshila Lounge	20

17	Calligraphy	Amandeep Kaur		- Mental Health. - Calligraphy Isn't Expensive. - You Can Save or Make Money. - Calligraphy	Hobbies Club	3 Weeks	SR – VIII (Gyanshila)	15
18	Basics of Photography	Dinesh Khanna		Dinesh Khanna is a photographer and co-founder of the Delhi Photo Festival. His areas of interest include food, still-life, people and interiors. <a href="https://www.dineshkhanna.com/">https://www.dineshkhanna.com/</a> <a href="https://www.youtube.com/watch?v=JxecXMJmL_w&amp;feature=youtu.be">https://www.youtube.com/watch?v=JxecXMJmL_w&amp;feature=youtu.be</a> Insta Personal: Photoyatri	Hobbies Club	1 Week	Kalindi Lawn / Dhruvshila Foyer	20
		Abhiram G Sankar(DD)		Abhiram G Sankar (IAS:2011:KN) appointed as Deputy Director (DS level) in the Lal Bahadur Shastri National Academy of Administration (LBSNAA), Mussoorie. <a href="https://www.facebook.com/abhiram.sankar.1/photos_albums">https://www.facebook.com/abhiram.sankar.1/photos_albums</a>		1 Weeks		
19	Billiards	Balwant Singh		- Billiards Builds Focus. - Improves Critical Thinking Skills. - Billiards slows aging in men. - Improves stretching, balancing power. - Sharpens your mind. - Improves hand-eye coordination greatly.	Officers' Club	3 Week	OT Lounge	10
20	Learning Sign Language	Jagdeep Kaur (Bajaj Institute of Learning, Dehradun)		BIL aims to provide quality educational services that would equip the deaf for economic independence and self-sufficiency. <a href="http://www.findlocal.com/IN/Dehra-Dun/206115396068519/Bajaj-Institute-of-Learning-%28Right-to-education-for-the-Deaf%29">http://www.findlocal.com/IN/Dehra-Dun/206115396068519/Bajaj-Institute-of-Learning-%28Right-to-education-for-the-Deaf%29</a>	Society for Social Service	3 Weeks	SR – I (Gyanshila)	30
	Communication	Dr. Anupam Talwar(AD)		Dr. Anupam Talwar is the Assistant Director in LBSNAA, Mussoorie. She is a 2012 batch IDES officer. <a href="https://indiangrapevine.com/news/ides-officer-designated-as-assistant-director-lbsnaa-1845">https://indiangrapevine.com/news/ides-officer-designated-as-assistant-director-lbsnaa-1845</a> <a href="https://www.dgde.gov.in/administration/officers/serving_officers/1975">https://www.dgde.gov.in/administration/officers/serving_officers/1975</a>	Management Circle			
21	Cooking With Principles of Ayurveda	Dr. Sanandan Thapiyal		Sanandan Thapiyal did his schooling from KV, New Delhi. After that he did BAMS (Ay) and MD (Ay) in internal medicines from Delhi University. He has been practicing ayurveda since 2011 and is currently associated with Uttaranchal Ayurvedic Hospital. <a href="https://www.lifepage.in/page/sanandanthapiyal">https://www.lifepage.in/page/sanandanthapiyal</a>	Officers' Mess	3 Weeks	Officers Mess	20
22	Archery	Dineshbhai Bhil Fatubhai, Gujrat		A former national level archer, Dinesh Bhil gave up on his international dream to set up an archery academy in the tribal region of Naswadi in Gujarat. Today Bhil's boys are already outshining others at both state and national level. <a href="https://www.deshgujarat.com/tag/dinesh-bhil/">https://www.deshgujarat.com/tag/dinesh-bhil/</a> <a href="https://www.news18.com/videos/india/real-hero-dinesh-393855.html?ref=election-toolbar-mobile">https://www.news18.com/videos/india/real-hero-dinesh-393855.html?ref=election-toolbar-mobile</a>	Officers' Club	3 Weeks	Sports Complex	10

23	<b>Basketball</b>	Lakshman Verma, GNFCs		Basketball teaches you about being a good team player and can be a great social sport. Playing basketball requires you to develop hand-eye and foot coordination as you maintain your balance throughout the movements.	Officers' Club	3 Weeks	<b>Sports Complex</b>	20
24	<b>Volleyball</b>	Manoj Panwar		volleyball strengthen the upper body, arms, shoulders, thighs, abdominals, and lower legs. In addition, volleyball improves hand-eye coordination, reflexes, and balance.	Officers' Club	3 Weeks	<b>Sports Complex</b>	20
25	<b>Football</b>	Samuel Chandra		Samuel Chandra is a well known Football Coach.He was adjudged the All India Football Competition <a href="https://www.livehindustan.com/uttarakhand/dehradun/story-samuel-chandra-was-adjudged-the-all-india-football-competition-3055474.html">https://www.livehindustan.com/uttarakhand/dehradun/story-samuel-chandra-was-adjudged-the-all-india-football-competition-3055474.html</a> <a href="https://www.facebook.com/samuel.chandra.5815">https://www.facebook.com/samuel.chandra.5815</a>	Officers' Club	3 Weeks	<b>Sports Complex</b>	20
26	<b>Science of Breath</b>	Navtej Johar (YTC)		Navtej Singh Johar is a dancer, choreographer, yoga exponent, scholar and urban activist based in New Delhi.The focus of all activities at Abhyas revolves around the body—be it the somatic practice that includes dance and yoga, Vedic chanting, urban activism or research <a href="http://abhyastrust.org/abhyas/">http://abhyastrust.org/abhyas/</a>	Society for Social Service	3 Weeks	<b>Community Centre</b>	30
	<b>Dance + Yoga = Somatics</b>							
	<b>Yoga</b>							