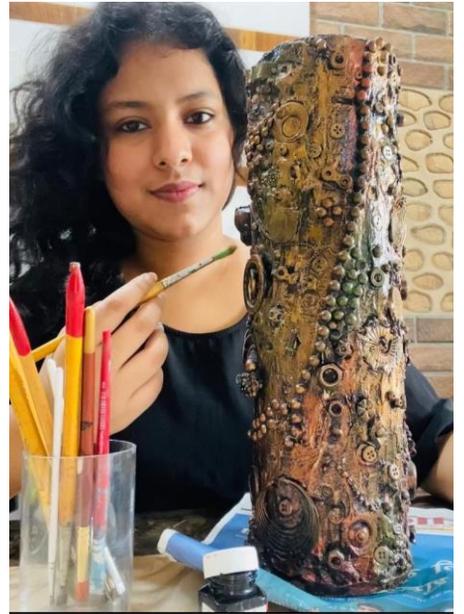


IAYP ACTIVITIES (2021-22)

I Tanisha Khetan of VDJS Hisar and bronze aspirant making this artwork under SKILL category. As the environmental pollution is increasing day by day I decided to reuse some waste and make a best out of it. For this I took out my paints, brushes and other art stuffs and collected some waste materials, for example some broken accessories, screws, broken toys, etc. from around me and stuck it on a PVC pipe which was also a waste and then painted it to convert the waste materials into an antique showpiece.



This was not only the reuse of waste but by making this also gave me pleasure and some time to relax in the busy schedule of online classes, also I have a great passion for art and craft so I keep doing such activities which helps me to bring out the creativity inside and never ending love towards nature.

I Vrinda Munjal of VDJS Hisar, and IAYP silver aspirant has participated in **SKILL DEVELOPMENT SUMMIT** based on “**Emotional Intelligence**” hosted by **AJEENKYA DY PATIL UNIVERSITY**. The objective of this activity was to help youth to build stronger relationships, to succeed at school and work, and to achieve the career and personal goals. It also helped to connect with our feelings, and guided us to make good decisions.



It prepared us to reduce anxiety and stress, defuse conflicts, empathize with others, effectively overcome life's challenges. This workshop made us understand that there are four basic components of emotional intelligence which are **Self-awareness, Self-management, Social awareness, Relationship management**. Our emotional intelligence affects the quality of our lives because it influences our behavior and relationships. It enables us to live our lives with intention, purpose, and autonomy.

I **Riya** of VDJS Hisar and IAYP Bronze aspirant doing this vyagrasna under Physical Recreation category. In this activity we consider three the first spet is to sit in pose of **Marjariasana (Cat Stretch Pose)** then we raise the head in the upward direction along with arching the back. Bring the foot slightly towards the back of the head without straining. Hold the breath in the same position for a few moments. ***This asana is excellent for exercising the whole spine and is very useful for women*** as it tones their reproductive organs, along with it there are many other benefits of Vyaghrasana.



Practicing this asana loosens the tightened muscles of the back and tones the spinal nerves. Loosens up the leg and the hip joints. Stimulates the blood circulation in the body. Very beneficial for people suffering from sciatica as it relaxes sciatic nerve. Reduces the excess body fat from the hips and the thighs. Stretches and strengthens the abdominal muscles and improves overall digestion. Highly recommended for women after childbirth as practicing this asana tones and massages the female reproductive organs.

I am Aishmeen Kaur IAYP student and Bronze aspirant doing this under social service. In this activity am doing social service during this covid-19 pandemic, I am donating some mask, sanitizers and some eatables to needy one.



I Nitya Chachan of VDJS Hisar, an IAYP Bronze aspirant making posters and banners for general awareness Under Skill category. In this activity I am performing as an artist participating in various painting Competitions held online organized by Design Art organization (national level) .2020-21 under Fine art Skills. I was fortunate enough to witness such painting competitions as I met unique artists allover India. At a virtual platform and received a lot of appreciations from different artists, judges and host with a Certificate of appreciation and a gold medal along with it. The program was built not only for providing The world at large but also enhance our skills to aware youth and coming generation about art and Culture of their own country. Design Art organization offers opportunities to artists to showcase their Talent worldwide.



I, Shipra Sharma, of VDJS Hisar and an IAYP Bronze aspirant from Hisar VDJS. I have arranged my activity under the category of social aid. I have distributed complete homemade wrapped meals to underprivileged children. I was so overwhelmed by seeing the happiness and positive vibes personally as soon as I handed over the food packet to the children. Smirk and blessing for me in these small kids just gave me a tear. Each child said to me ‘ apka dil bahut bada hai!’ what can be more than this! I felt very contented after doing this service and wishing for many added to do.



I, Siddhi Gupta of VDJS Hisar and IAYP Bronze aspirant, doing the social service by giving some eatables in this COVID-19 Pandemic. I gave a detailed information about Covid-19, it's causes and it's effects as well. I felt really blessed by this opportunity to serve children. I also really liked sharing my knowledge with others.



I, Archita Bishnoi of VDJS, Hisar an IAYP student and a silver medal aspirant celebrate the serenity of life while performing yoga under Physical Recreation category. In the attached pictures, you can have a glimpse of my everyday morning routine exercise which help me to stay healthy and fit. As a NCC cadet, I am also contributing to the event of International Yoga Day by performing these asanas.



I Hitasha Agarwal of VDJS Hisar and bronze aspirant making this craftwork under skill category. As the environment pollution is increasing day by day so I thought why to throw or dump the used pages and therefore I decided to make the best out of waste. With the help of already used pages, a piece of cardboard, yellow paint, glue and few decorative materials, I have made a pen stand along with the mobile stand. It came out as good as I expected. In this way I not only reused the things but also it also gave me relaxation from my daily schedule. It took the creativity in me and my love towards hand made products.



I Tisha Agarwal of VDJS Hisar, an IAYP Bronze aspirant doing this activity under social service. In this activity I was giving food in the rural area to small children. As during this pandemic times, they are the ones who are struggling the most. When I along with my family went there to give food we came across a lot of elderly people who were also starving so we served them the food also.

