



Sariska

Khoj Newsletter

Grade 7 |
Day 1_Newsletter 1
Date 19th Feb, 2024

Day begins...

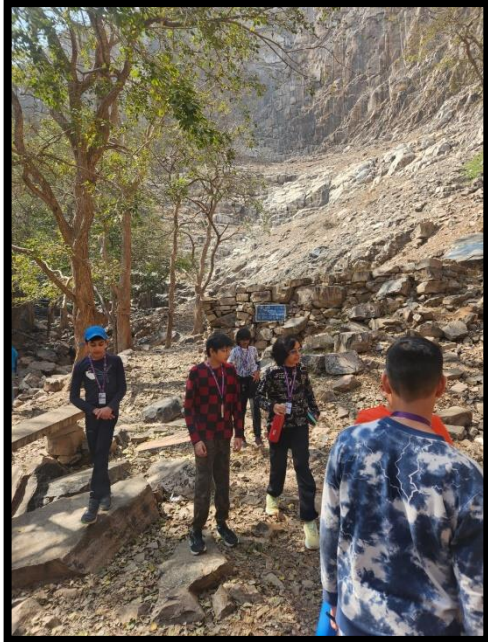
Students were excited for their first overnight Khoj and began with a fun bus ride at 7am. They ate their packed breakfast in the bus and arrived at the resort at 10:45 am where they were welcomed with lemonade and cookies. They freshened up and got ready for their big day of experiential learning. During this time some housekeeping norms were set and they acquainted themselves with the surroundings.



The session began with an introductory round with the instructors and facilitators. 7B then went out for rock climbing and rappelling. The adventure site is 15 minutes away from the resort and students took the bus to reach the site. Meanwhile, 7A engaged themselves in a theatre workshop at the resort.



The theatre workshop centred around individual experiences, focused on awareness of the body and its movements. Gradually, the learners started shedding their hesitancy and participated with gusto. There were a variety of tasks in this session, from walking as per the instructed pace to personifying an animal. This helped them challenge themselves and witness their inhibitions, fears, and connections. The theatre workshop culminated with a debrief and reflection on how students felt, what emotions surfaced for them, and which assumptions and beliefs were challenged while doing the tasks.



The adventure tasks started with a briefing on the safety norms, equipment and introduction to the outbound instructors. The excited students took turns doing the basic-level rock climbing and rappelling. Some participated enthusiastically while others were motivated to challenge themselves to come out of their comfort zone. In the end, it was a fulfilling experience for all of them.



Closure

At 1:30pm, the students will proceed for lunch and settle in their allocated rooms. Post this, the cohorts will be swapped for the experiences.

