

ACTIVITY DETAILS for 2022-23

AAA

Mail: triparna.guin@mhsforgirls.edu.in

The vibrant art community within MHS is one that is a fount of activity and creativity. The All About Art club encourages students to look at things differently, to explore their creative potential and make their craft work objects to treasure. Bookends, scarves, masks, quilling, puppet -the list is endless- are created by our AAA members. They also help with props and accessories; background displays and hoardings for school programmes. Digital art is now being taken up with great enthusiasm.

ACE (CSR Initiative: *Sahyog*)

Mail: vaswati.samanta@mhsforgirls.edu.in

ACE stands for Accounts, Commerce, Economics. ACE is the Business and Finance club of MHS. It is not just about number crunching and profit making. ACE is a pathway for students to explore new entrepreneurship ideas, new problem solving techniques, and different outreach strategies. It also incorporates *Sahyog*, the CSR component of ACE which runs on the principles of a cooperative.

Band

Mail: sports@mhsforgirls.edu.in

Our marching band has always been our pride. This little band of girls can make the entire school walk in step to their drumbeats. Learning both marching as well as ceremonial tunes, the MHS band is up front and central in all school programmes.

Basketball

Mail: sports@mhsforgirls.edu.in

Fitness has always been a priority at MHS and we resume with our sporting clubs on the MHS grounds not just to instill the importance of stamina and endurance but also nurture teamwork, healthy competition and leadership.

Bulbuls & Guides

Mail: guides@mhsforgirls.edu.in

The Bulbuls and Guides of the MHS Company are affiliated to the *Bharat Scouts and Guides* programme which is part of the international Guides movement. The programme is based on the four pillars of Health, Service, Handicrafts and Character and the members work through the graded levels to reach the highest level of achievement, *the Rashtriya Puraskar* which is awarded by the President of India.

Chess

Mail: anuradha.sil@mhsforgirls.edu.in

Black and white squares, little pieces on a chessboard and brows furrowed in concentration...that is MHS Chess club in action. The students learn gameplans, strategies, moves and countermoves. Outwitting and outplaying has never been more fun as the students learn about a game that is as much about patience as it is about brilliance.

Choir

Mail: chaitali.ganguly@mhsforgirls.edu.in

The song birds of MHS are our pride and joy. They sing for all school events and are encouraged to explore their natural talents. The choir performs songs from multiple genres of music and adds colour to them by harmonizing, canon singing and using various vocal techniques.

Clean

Mail: soma.chatterjee@mhsforgirls.edu.in

The fragile environment of our planet is a matter of concern and the members of CLEAN not only work for the greening of the environment but also attend numerous workshops, competitions and other activities that have environmental concerns as their main focus. From growing their own vegetables, to learning to reduce plastic waste, to learning about bio degradation and recycling and now the impact of climate change keep the members very busy.

Connect

Mail: swati.das@mhsforgirls.edu.in

Social service is not just a passion but a calling for many. The Connect Club of MHS gives its members the opportunity to understand the needs of the less privileged. Members work with NGOs like CHIP & Ektara to become socially aware and sensitive citizens.

Deepshikha

Mail: susmita.roychowdhury@mhsforgirls.edu.in

The Hindi cultural club of MHS, explores the rich traditions and content of Hindi - both Language and Literature. The members of *Deepshikha* are encouraged to script and enact their own plays, take part in inter school competitions, write journals, conceptualize school programmes and make Hindi an integral part of the varied fabric of school life.

Deutschind

Mail: bina.ghosh@mhsforgirls.edu.in

Our German programme flourishes and goes beyond academic requirements with our very enthusiastic *Deutschind* members, who not only read, write and think in the language but also learn to play, quiz, debate and WhatsApp in it!

Focus

Mail: anuradha.sen@mhsforgirls.edu.in

Photography enthusiasts of MHS are given every opportunity by the Focus club to showcase their captures. From covering all school events, to making photo journals, to participating in competitions and exhibiting their pictures, Focus helps members to combine their enthusiasm with the understanding of technique and the need for originality.

Footloose (Junior and Senior)

Mail: arjama.dasgupta@mhsforgirls.edu.in

Dance has always been more than just movement. It is about expression of self and is always in a state of dynamic evolution. As new styles and dance forms originate, the Footloose Club teaches its members about contemporary dance and encourages them to explore their passion through workshops, fitness routines and choreography sessions.

IAYP (International Award for Young People)

Mail: iayp@mhsforgirls.edu.in

Originally known as the Duke of Edinburgh Award, IAYP is an international award programme for holistic development. The four components of this programme are community service, skill development, physical activity and adventure. Members of the IAYP unit embark on a journey of self-discovery through the Bronze, Silver & Gold awards. Each individual member works at her own individual pace.

Images

Mail: ruma.sen@mhsforgirls.edu.in

The Book and Film club of MHS provides a platform to voracious readers and film buffs to discover, discuss and enjoy the finer nuances of books and cinema. Members also develop the ability to critique creative effort and are exposed to both world literature and world cinema.

Legacy

Mail: ina.bharadwaj@mhsforgirls.edu.in

The Legacy club of MHS works on the principle that it is the knowledge of our heritage, culture and traditions that make us well- rounded world citizens. Experiential learning trips, lecture-demonstrations, exhibitions, workshops and a proactive approach to acquainting our students with often forgotten artisanship form the basis of the Legacy club programme.

Mixed Martial Arts

Mail: anahita.gupta@mhsforgirls.edu.in

The self defence/ martial arts program aims at making a stronger you.

The program will be empowering you to do what's necessary, when it is necessary and whom it is necessary.

It's a necessary tool to combat the uncertain times and become a more confident individual.

The program will be encompassing the training of the mind and body.

Making sure that you become the best version of you through the rigors of the training module.

Mask

Mail: sudha.singh@mhsforgirls.edu.in

A dramatic club deals with stage plays, the club gives an opportunity in participating in supervised creative dramatic activities. Members are exposed to different aspects of theatre.

Mathemagic

Mail: anindita.dutta@mhsforgirls.edu.in

The Mathematics club of MHS (Classes IV-V) is meant to make Mathematics fun for our young ones. *Mathemagic* introduces Mathematics as a part of our daily lives - present in so many fascinating ways in our environment. Hitherto unexplored facets of the subject are explored by our little math enthusiasts and club sessions are always buzzing with enthusiasm and excitement.

Mayukh

Mail: barna.dasgupta@mhsforgirls.edu.in

The Bengali cultural club *Mayukh* strives to engender a feeling of ownership of the language, not just for those students who are born to the language but to those who are interested in it. Film discussion and viewing, play reading, debate, recitation and even a lecture demonstration on the origin of the *roshogolla* are examples of the club's activities.

Quiztion

Mail: aparajita.roy@mhsforgirls.edu.in

In the present era, quizzing has gone beyond just knowing facts and figures. It now involves lateral thinking, innovative mental exercises, incorporation of all the senses and above all fine-tuning reactions to questions. The Quiztion club of MHS trains its quizzers to represent the School at interschool contests and more importantly, to enjoy the entire experience of quizzing.

Scribes

Mail: sunita.biswas@mhsforgirls.edu.in

Creative writing is not just a part of the academic curriculum; it is also a skill. At the *Scribes* club, students are encouraged to express, explore and try their hand at different writing genres. The written word graduates from being a tool to becoming a pathway of self- discovery through exuberant discussions, workshops and writing activities.

Skylab

Mail: pamela.datta@mhsforgirls.edu.in

The sky is the limit...or is it? The one thing Skylab, our vibrant astronomy club emphasizes to its young members that the sky truly has no limit. The wonders of the universe and its celestial bodies are examined and a new vista opens up beyond the telescope lens for every Skylab member. The exploration of Space has taken on a new significance in the 21st century.

Soccer

Mail: sports@mhsforgirls.edu.in

Fitness has always been a priority at MHS and we resume with our sporting clubs on the MHS grounds not just to instill the importance of stamina and endurance but also nurture teamwork, healthy competition and leadership.

Spice

Mail: avni.bharvada@mhsforgirls.edu.in

Cooking is no longer about the bubbling of the pot. It is about research, innovation, visual and olfactory presentation and ideation. The members of SPICE club explore their interest in the art of cuisine that covers the spectrum from fine dining to TV dinners to brunches made from leftovers and street food spanning different cultures and regions across the globe.

Steam

Mail: ruchira.som@mhsforgirls.edu.in

Today, science has become more important than ever. From the devices we use for online classes to the vaccines saving lives, science has established itself everywhere. Arts go hand in hand with scientific developments. Be it designing a futuristic car model or creating a kinetic art installation. To give the scientific thinking and curiosity along with the creative potentials of the MHS students a platform, we introduce you to the brand new initiative - **STEAM**. This club aims at developing the new-age skills that will allow the members to express their opinions, collaborate and explore new avenues of Arts and Science through hands-on activities, guided workshops and student driven projects. It is sure to appeal to both scientist and the artist in you!

Voice (Junior and Senior)

Senior Mail: chitralkha.debakshi@mhsforgirls.edu.in

Junior Mail: s.choudhury@mhsforgirls.edu.in

As its name suggests, this club is about channelizing the power of the voice. It is a public speaking club. The members learn to understand the impact of the spoken word, whether it is the voice modulations that are required for elocution, the strategizing required for "MUNning" or the simple thrust and parry of debating. They learn the nuances of public speaking, the importance of forming unbiased opinions and above all the power of mediation and consensus.

Zumba

Mail: rajani.mishra@mhsforgirls.edu.in

Nothing relaxes and rejuvenates a growing body more than a movement coupled with emotions and motivation.

Zumba, a combination of dance and movement exercise for children is a way the body explores itself into new realms of physical exercise which not only stretches growing muscles but at the same time works in tandem with emotional stress providing a way for the overall growth of a child as well as providing health stability in adults. The basic aspect of a healthy body is linked to movement exercises involving joints and angular movements of all body parts so connected to stretch ligaments and tendons which are primal muscles holding various bones. It not only provides strengthening of muscles, joints, ligaments and tendons but also provides a way to do away with monotony associated with rigorous exercises and provides an emotional let out of mind and heart which is also associated for an overall healthy body.