# **Garden of Hearts Higher Secondary School**

Student Daily Progress (SDP)

 **21 Days Challenge** Tracking sheet | Part-1

Student Name: ……………………………………… | Class: ………………| Start Date: / / | End Date: / /

Contact No: 1. ………………………………………. 2. ………………………………………………….

|  |  |
| --- | --- |
| Morning Time (4:00 AM -7:00 AM) “Physical & Mental Development”1. MY: Master Yoga\*
2. Running/Walking/Fitness/Physical work @
3. Breathing Exercise\*
4. Meditation\*
 | Whole Day (7:00 AM- 6:00PM) “Emotional Intelligence Enrichment Practice”1. Relaxation/Centering \*
2. Reading/Watching Motivational Books & Stories @
3. 369 Suggestion Practice\*
4. Constant Positive/Happy Mindset Practice \*
 |
| Evening Time (6:00 PM-7:00 PM) “IQ/Creativity & More”1. BM: Brain Exercise \*
2. EE: Eye Exercise \*
3. BG: Brain Games \*
 | Sleep Time (9:30 AM- 10:30 PM)“Time Management & Habit Formation”1. Affirmation \*
2. Prayer \*
3. Diary Writing \*
 | Others if any: @Any things which are not mention in this sheet. |
| ***“सभी शक्तियां आपके भीतर ही है, आप कुछ भी और जो भी आपके लिए उचित और उपयोगी है कर सकते है” \**** |

copyright@gohgisp

|  |  |  |
| --- | --- | --- |
| Day: 1 | Date:  | Day: 2 | Date:  | Day:3 |Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 3 | Date: | Day: 4 | Date: | Day: 5 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 6 | Date: | Day: 7 | Date: | Day: 8 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 9 | Date: | Day: 10 | Date: | Day: 11 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 12 | Date: | Day: 13 | Date: | Day: 14 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 15 | Date: | Day: 16 | Date: | Day: 17 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 18 | Date: | Day: 19 | Date: | Day: 20 | Date: |
| MT: | WD: | OIA | MT: | WD: | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 21 | Date: | Parents Feedback | Principal/R&D Team Feedback |
| MT: | WD: | OIA |  |  |
| ET: | ST: |

copyright@gohgisp

**Program Name: Activate Your Holistic Development (AHD)**

Department Name: GOH Research & Development

Daily Activity Details:

(A) Diary Writing Format: Note in your diary before sleep or any time in whole day

1. Which activity enjoyed most? ( किस गतिविधि में सबसे अधिक आनंद आया?)
2. How you are feeling today? ( आज आप कैसा महसूस कर रहे है?)
3. Any special feeling & learning? ( कोई विशेष भावना और सीख?)
4. Any other observation if any? ( कोई अन्य अवलोकन यदि हो तो?)

 “Exams are not the only way to judge boys and girls”.

(B) Types of students:

* Every student is not the same type of learner. Agree/Disagree
1. Learn by experiencing things. (Agree/Disagree)
2. Learn by observing others. (Agree/Disagree)
3. Study while listening to music. (Agree/Disagree)

(C) Types of Learning:

1. Interpersonal
2. Intrapersonal
3. Physical
4. Visual
5. Auditory
6. Verbal
7. Logical
8. Musical
9. Naturalistic
10. Linguistic

|  |  |
| --- | --- |
|  |  |
|  |  |

copyright@gohgisp