

Format of Diary**Enrolment/Roll No:****Name of Student: PARMAR SIDDHARTH ABHESINH**

Day:- 1		Date:- 29-09-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Intro to creative art (what is creativity etc)	Learned about creativity (building blocks for eng.)
2 11:30 to 12:30	Watched some videos of creativer arts to do later something	It is easy if you can try and think about making some art (usefull things)
3 1:00 to 2:00	Draw a 3D door	First i thout i can not draw but after this acitivity i can.... (buit some confidence)
4 2:00 to 3:00	Again watched some videos about How to make best from waste ...	I also tried to make a frog out of a paper but did not come out right but i can do little better more later
5 3:15 to 4:15	Watched some videos of crafts	Everthing is usefull if you know how to make it usefull...
6 4:15 to 5:15	Watched different types of creativity like rocket science	Save money by using reuseable rockets .
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Day:- 2		Date:- 30-09-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Introduction of physical activity	undertood <i>how</i> and <i>why</i> they move in a variety of situations and use this information to enhance their own skills.
2 11:30 to 12:30	Watched videos of physical	achieve and maintain a

	activities	health-enhancing level of physical fitness.
3 1:00 to 2:00	Demonstrate knowledge and competency of movement patterns and strategies needed to perform a variety of physical activities.	Students will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge and self-expression.
4 2:00 to 3:00		Improved understanding of movement and the human body
5 3:15 to 4:15	Learned about what kind of fruits and vegetables to eat..	sprouts are better sources of amino acids, pectins and sugars than microgreens .
6 4:15 to 5:15	Watched video of explaining How much amount of calary does different types of vegetables and fruit contains	Red gabadge contains all of the things you needed average so add that in your diet .
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Name of Student: PARMAR SIDDHARTH ABHESINH

Day:- 3		Date:- 01-10-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	I learned how to code different languages like (c, c++ , rust etc)	Check my github profile https://github.com/siddharthparmarr
2 11:30 to 12:30		
3 1:00 to 2:00		
4 2:00 to 3:00		
5 3:15 to 4:15		

6 4:15 to 5:15		
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Name of Student: PARMAR SIDDHARTH ABHESINH

Day:- 4		Date:- 04-10-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Introduction to universal Human values (by watching videos)	Learned about top human values that you should have or adopt it .
2 11:30 to 12:30	Watched some motivation videos of UHV	Got very motivated by it and decided to live like it (simple life) , think about other people first and be kind and humble
3 1:00 to 2:00	Watched a documentry of dr. ApJ abdul kalam .	Enjoy the process of becoming who you want to be in the future . In general enjoy the process do not chase the trophy.
4 2:00 to 3:00	Watched some more motivated videos .	Do not let negativity come in your mind be positive , think like you can do it without any help .
5 3:15 to 4:15	Watched some talks of successfull peoples	I learned that there is no secret of success you will get it if you work for it just invest the amout of time it takes .
6 4:15 to 5:15	Heared Motivation stories	Do not judge people by their look .
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Day:- 5	Date:- 05-10-2021
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Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Learned about Idea , innovation and implimentation . If you got the idea just make it real just do it and try it do not regret about it later . Regrate is a poison.	
2 11:30 to 12:30		
3 1:00 to 2:00	Physical activities (watching videos and techniques about physical activities)	Self-confidence and self-worth as they relate to physical education recreation programs.
4 2:00 to 3:00		Physical activity has a direct impact on the behavior and development of the brain. ... The flow of oxygen to the brain is increased. The number of brain neurotransmitters is increased, which assists your ability to focus, concentrate, learn, remember and handle stress
5 3:15 to 4:15		
6 4:15 to 5:15		
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Name of Student: PARMAR SIDDHARTH ABHESINH

Day:- 6		Date:- 06-10-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Introduction of yoga and how to do it .	Different types of yoga steps .
2 11:30 to 12:30	Watched videos explaining outcomes of yoga and what to do before after and during yoga	Shavasan is the last and important step of yoga to relax your body.
3 1:00 to 2:00	Watched a video of why ayurveda is important and what researches had been done	Vata, pittha and kappa meaning ... Vata is the energy of movement; pitta is the energy of digestion or metabolism and kapha, the energy of lubrication and structure
4 2:00 to 3:00	Watched some exepert level	Ayurveda is a science of life .

	QnA about aayurveda ..	Modern medicine is a science of disease .
5 3:15 to 4:15	Breathing exercises	It also includes some techniques to do with it like (keep your hand in vayumudra)
6 4:15 to 5:15	The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014	Yoga is a physical, mental and spiritual practice which originated in India
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Name of Student: PARMAR SIDDHARTH ABHESINH

Day:- 7		Date:- 07-10-21
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Literary Read some articals on the internet	1. Understand the ideas of values, ethics, and morality in a multicultural context
2 11:30 to 12:30		2. Understand that values arise from lived experiences, but need to be justified to others
3 1:00 to 2:00 Vijay dave	Expert lecture for 1 st year BM	Overview of BME (basics to careers and research)
4 2:00 to 3:00 Dr. Daksha M. Diwan	Vedic mathematics	Learned some basic math tricks (like a magic)
5 3:15 to 4:15	Watched videos of literary on the internet and why is it important	Literary works help learners to use their imagination , enhance their empathy for others and lead them to develop their own creativity. They also give students the chance to learn about literary devices that occur in other genres e.g. advertising.

6 4:15 to 5:15	Watched some videos of ancient literary	<p>Who is the father of ancient literary criticism? Classical and medieval criticism</p> <p>In the 4th century BC Aristotle wrote the Poetics, a typology and description of literary forms with many specific criticisms of contemporary works of art.</p> <p>Understand how universal values can be uncovered by different means, including scientific investigation, historical research, or public debate and deliberation (what some philosophers call a dialectic method)</p>
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Name of Student: PARMAR SIDDHARTH ABHESINH

Day:- 8		Date:- 08-10-2021
Hour	Activities Done	Learning Outcomes
1 10:30 to 11:30	Introductory session	Learned about noun, pronoun, verb, adjective, adverb etc. Image attached below.
2 11:30 to 12:30	introduce yourself in english	hey there my name is siddharth from lunavada but my friends call me sid . i grew up in jamnagar and lived there most of my life before moving to lunavada. i like technology and science , playing with computers , coding .
3 1:00 to 2:00	proficiency test	Result attached below
4 2:00 to 3:00	The secrets you need to know about spoken english	No connection in words , over use of expressions in english

		1. STRESS 2. Linking 3. collocations
5 3:15 to 4:15	Macmillan Readers Level Test - This test will give students an idea about their reading ability.	Result attached below
6 4:15 to 5:15	the possible solutions to Improve your English Speaking skills..	making a report read book watch english movies , videos read english & sci-fi articals (works for me) listen to podcast
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07/01/2014

POEM

Every name is called a **noun**,
 As *field* and *fountain*, *street* and *town*;
 In place of noun the **pronoun** stands
 As *he* and *she* can clap *their* hands;
 The **adjective** describes a thing,
 As *magic* wand and *bridal* ring;
 The **verb** means action, something done -
 To *read*, to *write*, to *jump*, to *run*;
 How things are done, the **adverbs** tell,
 As *quickly*, *slowly*, *badly*, *well*;
 The **preposition** shows relation,
 As *in* the street, or *at* the station;
Conjunctions join, in many ways,
 Sentences, words, or phrase *and* phrase;
 The **interjection** cries out, '*Hark!*
 I need an exclamation mark!'
 Through poetry, we learn how each
 Of these make up the **parts of speech**

Your English Proficiency Test Results

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