

Clubs @ Swarnprastha Public School

At Swarnprastha Public School, club time is more than just a break from the routine, it is a cherished window in the week when students truly come alive. It is a time of pure bliss, where curiosity takes the lead, talents blossom and friendships are forged over shared passions. For our learners, these moments are not just co-curricular; they are deeply personal, joyful and enriching experiences.

With 12 diverse clubs, there is something for every student: from high energy sports like Boxing, Badminton, Squash and Table Tennis, to creative spaces like the Dance, Art, Music and Theatre Clubs. Those with a love for inquiry and intellect thrive in the Quiz, Science and Environmental Research and MUN & Heritage Clubs, while the Shooting Club sharpens focus and precision. Each club encourages discipline, confidence, collaboration and holistic development. These sessions are more than activities, they are opportunities to shine, discover new interests and grow into well rounded individuals, making club time one of the most anticipated and enriching experiences at SPS.

The Club Experience 2025: A Sneak Peek into Our Clubs

1. Sports Clubs 2025: Skill... Strength... Spirit

At Swarnprastha Public School, sports is more than recreation, it is a powerful tool for discipline, resilience and leadership. In 2025, our specialized sports clubs aim to unlock students' potential by combining fitness, technique and competitive spirit. Here's what's in store across our five premier clubs:

➤ **Boxing Club : Discipline... Strength... Focus**

- Weekly technical training: footwork, defence, sparring
- Strength building and endurance routines
- Intra school sparring events & inter school competitions
- Focus on confidence, grit and self discipline

Boxing Club Module:

<https://docs.google.com/spreadsheets/d/1MAWTwm1Gs6lZyng5SDC07Leyw8FD8CPiLNsHGNTbA28/edit?usp=sharing>

Photos:

<https://drive.google.com/drive/folders/10MIFhM4AjTAGcxFO4aAS70TCU6BLuMH4?usp=sharing>

➤ **Shooting Club: Precision... Patience... Perfection**

- Air rifle shooting under expert guidance
- Safety protocols, posture and breathing control
- Target accuracy drills & mental focus training
- Participation in local and zonal shooting events

Shooting Club Module:

<https://docs.google.com/spreadsheets/d/1Eg3ga9JapR3LOt7kktDj7wsN87BFUniDoTxZb0r27ic/edit?usp=sharing>

Photos:

https://drive.google.com/drive/folders/1t_VZi0IpCEemiefe4ZCWKj3fUJVRsKMG?usp=sharing

➤ **Badminton Club: Agility... Accuracy... Attitude**

- Coaching in singles and doubles formats
- Reaction speed and stamina training
- Intra school leagues & inter school tournaments
- Focus on footwork, positioning and strategy

Badminton Club Module: <https://docs.google.com/spreadsheets/d/1v-oRfJdZ78J1qFYKEHAV6baTeQS61fR69zPdxh-qmXA/edit?usp=sharing>

Photos: <https://drive.google.com/drive/folders/1oahDsrKV4jsU1XuDC-riFIU8sRQgRAok?usp=sharing>

➤ **Table Tennis Club: Speed... Skill... Strategy**

- Sessions on serves, spins and rally tactics
- Weekly challenges and ladder based rankings
- Internal league matches and practice tournaments
- Emphasis on precision, rhythm and reflexes

Table Tennis Module: <https://docs.google.com/spreadsheets/d/1CGkxSotVxdddHzotu1W-D-pBc-yAVKGJJ43tdm8JoAWU/edit?usp=sharing>

Photos: <https://drive.google.com/drive/folders/1mrJGYItxzssZu02eBoKbMir7lOzdyLE-?usp=sharing>

➤ **Squash Club: Power... Precision... Pace**

- Intensive training in shots, angles and positioning
- Agility and endurance drills
- Weekly mini matches and squash ladders
- Focus on court movement, balance and tactical play

Squash Club Module:

<https://docs.google.com/spreadsheets/d/1dQJzJr1WrMu6aW9XXX6rAhOHG2--ZlaoM3qkTWIO4Cw/edit?usp=sharing>

Photos:

<https://drive.google.com/drive/folders/1pHQwQ10j2WAtJkjOlttvmA74LCQOISB2?usp=sharing>

➤ **2025 Goals Across All Spors Clubs**

- Promote a culture of active living and sportsmanship
- Prepare students for competitive performance
- Build mental toughness, discipline and teamwork

➤ **Signature Events:** Intra Club, Inter House, Inter School and Annual Sports Day

2. Dance Club 2025: Rhythm... Expression... Unity

At Swarnprastha Public School, the Dance Club is where movement becomes a language and creativity finds its beat. In 2025, the club aims to empower students to express themselves through diverse dance forms while promoting fitness, confidence and cultural appreciation.

➤ Why Does the Dance Club Matter?

- Builds confidence, stage presence and expressive ability
- Promotes physical fitness, coordination and rhythm
- Encourages teamwork, cultural understanding and creativity
- Provides a platform for artistic expression and emotional release

➤ 2025 Club Agenda

Weekly training sessions in: Classical forms, Folk forms, Contemporary, Hip hop and Fusion styles.

➤ Signature Event:

Inter House Dance Competition celebrating diversity in dance, with solo and group categories.

➤ This Year's Goal

To foster joyful expression, cultural pride and collaborative creativity helping every student find their rhythm, both on stage and in life.

Dance Club Module:

<https://docs.google.com/spreadsheets/d/1dKdA8o0K5VCaHZLb8Krjs5JcbikKjp8Y9Pd5xIUvADk/edit?usp=s>
[haring](#)

Photos: <https://drive.google.com/drive/folders/1W3EHHf15qMTvZxDi1NPk8wCBGEXY-XdK?usp=drive link>

3. Art Club 2025 : Imagine... Inspire... Innovate

At Swarnprastha Public School, the Art Club is a dynamic space where creativity meets purpose. In 2025, our mission is to empower students to express themselves through visual art, cultivate original thinking and foster a lifelong appreciation for aesthetics and design.

➤ Why Does The Art Club Matter?

- Cultivates imagination, observation and originality
- Develops fine motor skills, patience and attention to detail
- Promotes emotional expression, mindfulness and visual communication
- Builds awareness of art history, cultural heritage and contemporary styles

➤ Year Plan & Club Agendas

- Weekly Studio Sessions: Dawing, painting, sketching, etc.
- Art Theory & History Corners : Mini sessions on artists, movements and techniques
- Portfolio Building

➤ Signature Event

An annual visual arts exhibition showcasing original student work across media.

➤ This Year's Goal

To nurture creative thinkers who view the world through a lens of possibility, to provide tools for visual storytelling and to make art a voice for change, identity and innovation.

Art Club Module: https://docs.google.com/spreadsheets/d/1dh1E-UoZG7oHajR7UeDCDqFfMt17KwKoDUajf_CbjGM/edit?usp=sharing

Photos:

<https://drive.google.com/drive/folders/1z7ggNsSOPcwxCtoC54jXVmIxY4CYyXNX?usp=sharing>

4. Music Club 2025 : Rhythm...Resonance... Revelation

At Swarnprastha Public School, the Music Club is a harmonious space for students to discover their musical potential, express emotion through sound and develop a lifelong love for melody and rhythm. In 2025, our focus is on creating well rounded musicians who perform with passion and listen with intent.

➤ Why Does The Music Club Matter?

- Enhances auditory skills, memory and creative thinking
- Builds discipline, patience and stage confidence
- Encourages teamwork through ensemble and choir practices
- Provides emotional release and mental well being through musical expression

➤ Year Plan & Club Agendas

- Weekly Jam & Practice Sessions
- Quarterly Performances : Solo recitals, duets, band performances and choir presentations

➤ Signature Event

Inter House Music Competition across various categories.

➤ This Year's Goal

To create a community of passionate musicians who find their voice, learn the power of listening and experience the joy of performing, transforming sound into stories and silence into song.

Music Club Module:

https://docs.google.com/spreadsheets/d/1oUcmqNu_2aYZq6QJOdI84brqtV8rqFIy43ARXnT6XzI/edit?usp=sharing

Photos: <https://drive.google.com/drive/folders/1c2R02BhZkWv2KhK9tYMvfL11m88mhhTs?usp=sharing>

5. Theatre Club 2025 : Expression... Emotion... Empowerment

At Swarnprastha Public School, the Theatre Club is a vibrant platform for students to explore storytelling, creativity and the power of performance. In 2025, our goal is to nurture expressive voices, bold imaginations and confident performers.

➤ Why Does The Theatre Club Matter ?

- Building Character On and Off Stage
- Enhances confidence, emotional intelligence and communication skills
- Encourages teamwork, discipline and creative collaboration
- Fosters appreciation for literature, culture and visual storytelling
- Offers a space for self expression and mental wellness through the arts

➤ Year Plan & Club Agendas

- Weekly Rehearsal & Technique Sessions: Voice modulation, body language, improvisation, script reading.
- Playwriting & Script Labs: Original short plays written and directed by students
- Quarterly Performances: Skits, mono acts, street plays and full length productions
- Theatre in Education: Plays based on social themes, integrated with school assemblies and awareness campaigns.

➤ Special Initiatives

- “Behind the Curtain” Workshops : learning about makeup, costume design, lighting and backstage management
- Inter Club Collaborations with the Heritage Club (folk theatre) and Literary Club (scriptwriting)

➤ Signature Event: “SPS Stagecraft Festival”

An annual theatre showcase featuring student directed performances in multiple genres, from Shakespeare to street theatre. Includes open auditions, drama competitions and audience interactions.

➤ This Year’s Goal

To empower students to express themselves fearlessly, collaborate creatively and use the stage as a mirror to society and a window into the soul.

Theatre Club Module:

https://docs.google.com/spreadsheets/d/15GTPqqI9Q2rSg2D_EG_flaAuollXVnSKxKeWtCyiPhU/edit?usp=s_haring

Photos: [https://drive.google.com/drive/folders/1IVxj-lpD_ruPAMPROIVOpvzhVG5591S?usp=drive link](https://drive.google.com/drive/folders/1IVxj-lpD_ruPAMPROIVOpvzhVG5591S?usp=drive_link)

6. Quiz Club 2025 : Think Fast... Learn More... Lead Smart

At Swarnprastha Public School, the Quiz Club is a dynamic space where curiosity meets competition. In 2025, we aim to sharpen minds, spark intellectual curiosity and promote team spirit through quizzing across diverse fields.

➤ Why Does The Quiz Club Matter?

- Fuelling Knowledge & Mental Agility
- Enhances general awareness, analytical thinking and memory retention
- Encourages students to read beyond the syllabus
- Builds confidence, teamwork and quick decision making
- Promotes a love for lifelong learning and healthy competition

Year Plan & Club Agendas

- Weekly Practice Sessions with theme based quizzes (Science, History, Literature, Sports, Current Affairs and more)
- Monthly Intra School Quizzes : solo and team formats
- Inter School Quiz Participation : preparation and representation in zonal and national level contests
- "Know the Week" Bulletin : student led news and trivia updates shared school wide

➤ Special Initiatives

- "Brain Brawl" Series : fast paced buzzer rounds and knockout style challenges
- Quiz Masters' Workshop : with guest quizmasters sharing techniques and trivia trends
- Collaborations with Other Clubs : Heritage, MUN and Science Club for themed quiz events

➤ Signature Event: "SPS Quiz League"

An annual flagship event featuring prelims, semifinals and grand finale : open to students across grades. Combines traditional formats with interactive audio visual rounds.

This Year's Goal

To create a culture of active learning, curiosity and confident communication : where every question opens a door to new knowledge.

Quiz Club Module:

<https://docs.google.com/spreadsheets/d/1oQjpBwgqyAfjFs276WqjbsAxpPpDeUWGjrJ2bRE3qjc/edit?usp=sharing>

Photos:

https://drive.google.com/drive/folders/1P9DQC308oJwwBicTjASAAs7f7dr5innG?usp=drive_link

https://drive.google.com/drive/folders/1GGv9yLVhLGtyEx47aBrk9k2bzd-6r_xO

7. Science & Environmental Research Club 2025 : Curiosity... Discovery... Responsibility

At Swarnprastha Public School, the Science and Environmental Research Club (SERC) is where innovation meets awareness. Our goal for 2025 is to ignite scientific thinking, foster hands on exploration and promote sustainable living among students.

- Why Does This Club Matter?

Science Club : Fuelling Inquiry and Innovation

- Encourages critical thinking and problem solving
- Promotes research based learning and experimentation
- Enhances understanding of STEM concepts through practical application
- Prepares students for tech driven careers and scientific competitions

Environmental Research : Advocating for the Planet

- Builds awareness of climate change, biodiversity and resource conservation
- Empowers students to lead eco initiatives in school and beyond
- Fosters green habits and community based environmental action
- Connects science with real world ecological challenges

➤ Year Plan & Club Agendas

Science Club 2025 Agenda

- Monthly Mini Research Projects on physics, chemistry, biology and tech
- Innovation Lab Days: Hands on activities like robotics, coding and model making
- Guest Lectures by Scientists & STEM professionals
- Participation in National Science Day, ISRO competitions and school wide Science Fair

Environmental Research 2025 Agenda

- Campus Green Audit & Waste Management Drives
- Tree Plantation Campaign: "One Student, One Tree"
- Workshops on Climate Literacy, Recycling and Water Conservation
- Annual Project: "SPS Goes Green" ... design and implement sustainable solutions in school

Signature Event: "Eco Science Fest"

A blend of science exhibition and environmental action, featuring student research, live demonstrations, green tech models and interactive awareness booths.

This Year's Goal

To nurture young innovators and eco champions who understand the world scientifically and act responsibly to protect it.

Science Club Module Classes 8 & 9: <https://docs.google.com/spreadsheets/d/1DdTus7HU63ziVvBnmrb-QwgeJ-KQmGbu9F4cPJrWMXM/edit?usp=sharing>

Photos: <https://drive.google.com/drive/folders/1FgQGKBM4hWmSEudlixgAWp-pkld5zJff?usp=sharing>

MORNING & AFTER SCHOOL SPORTS @ SWARNPRASTHA

In a world where screens dominate young lives, Swarnprastha Public School offers a refreshing, action packed alternative, its vibrant **Morning and After School Sports** Programmes. These are not just playtimes, they are specialised, individualised training sessions designed to nurture every student's potential, passion and personal growth.

Each morning begins with a buzz of excitement as students step into the open. Through **skating**, they glide into the day with balance, speed and confidence.

Skating Photos: <https://drive.google.com/drive/folders/1eTdriPM641numle-ur-Zc5OM9mzWU-Pt?usp=sharing>

The **football** ground comes alive as players kick start their morning with teamwork and high energy action.

Football Photos:

[https://drive.google.com/drive/folders/1bsk8BedjPUz FLetbV6US180P8wjp1Px?usp=drive link](https://drive.google.com/drive/folders/1bsk8BedjPUz FLetbV6US180P8wjp1Px?usp=drive_link)

On the **cricket** pitch, students build focus and strategy while chasing runs under the rising sun.

Cricket Photos: <https://drive.google.com/drive/folders/1-jZWvJ0VKnZaFc3Y5-hUmfNS wiRGauO?usp=sharing>

Meanwhile, **basketball** energizes them to jump into rhythm, coordination and team spirit.

Basketball Photos: <https://drive.google.com/drive/folders/1s695-9H8WK7xv5oC6N5nByn9S7CPfIS2?usp=sharing>

The momentum continues after school. In the calm concentration of **shooting**, students sharpen their aim, focus their mind and hit the bullseye.

Shooting Photos: <https://drive.google.com/drive/folders/1MntgSaIJLg2X-DNzdSl4SJYXvividX6CC?usp=sharing>

The **boxing** arena becomes a place of personal growth, where they channel strength, discipline and their inner fighter.

Boxing Photos: <https://drive.google.com/drive/folders/10eHUmOk4CIGF1xpBdq9tlUr4gkyKHO-v?usp=sharing>

Badminton keeps things fast and fun, encouraging them to stay light on their feet and quick in their minds.

Badminton Photos:

<https://drive.google.com/drive/folders/1yVBE9RHX6vtHasLpCMRw1dotzDI2guL9?usp=sharing>

In the pool, **swimming** allows students to dive into endurance, technique and calm confidence.

Swimming Photos:

<https://drive.google.com/drive/folders/1Z5XDPaq75bc2tcvUQwu0IYWoeEPE6MFMS?usp=sharing>

In times where virtual friendships often replace real ones, these sports programmes help students build genuine bonds, face to face, side by side. Laughter, teamwork, encouragement—these are the things that shape character.

At Swarnprastha, sports are not just part of the day, it's a path to discovering who you truly are!