

Office of the Dean Student's Welfare

November 16, 2021

Dear All,

We are pleased to inform all the students that Jamia Hamdard has formed the following Clubs for overall student growth and development. Hon'ble Governor of Kerala has formally inaugurated these forums on November 10th, 2021.

In this regard almost 08 clubs have been formed as follows;

1. Mental Health Club
2. Film and Drama Club
3. Literary Club
4. Sports Club
 - I. Cricket Club
 - II. Football Club
 - III. Badminton and Table Tennis Club
 - IV. Chess and Carrom Club
 - V. Athletics Club
 - VI. Basketball and Volleyball Club
5. Yoga Club
6. Music Club
7. Eco Club
8. Mountaineering and Trekking Club

Some of the activities of each club are as follows;

1. Mental Health Club

- Discussion groups
- Workshops on Suicide prevention.
- Psychological First Aid
- Developing Emotional Quotient
- Soft Skills Essentials and Awareness

2. Drama and Film Club

- One act play
- Street play
- Stand-up comedy
- Skit
- Full length play
- Mono acting
- Mime
- Mimicry
- Film screening and analysis
- Documentary making

3. Music Club

- Fusion Music

- Hindustani/Classical/Regional Music
- Western Music

4. **Literary Club**

- Bait Bazi
- Quiz
- Creative Writing
- Journalistic Writing
- Recitation
- Debating
- Public Speaking
- Poetry Writing
- Miscellaneous Literary Activities

5. **Eco Club**

- Waste management initiatives
- Energy conservation
- Save water campaign
- Essay writing
- Poetry writing
- Slogan writing
- Photography
- Reduce, reuse and recycle innovations

6. **Yoga Club**

- Yogasana and Pranayama for staff and students.
- Seminar and workshop on 'Memory Management '
- Seminar and workshop on 'Stress Management
- Workshop on 'Yoga for Weight Loss
- Seminar on 'Yoga for Team Work and Social Life'

7. Mountaineering and Trekking Club

- Mountaineering.
- Rock Climbing.
- Sport Climbing.
- Trekking.

8. Sports Club: The sports club has six sub clubs and the activities therein are self-explanatory.

Students can volunteer to be members of the above groups. Students from each Department and School can mail a composite list of interested students at dsw@jamiyahamdard.ac.in, duly forwarded from their respective heads

Out of the total student volunteers, for each Club a Member Secretary from among the students will be selected.

NOTE: We have received the list of students from some schools. If additional students also want to participate, an addendum can be sent.

The composite list should be mailed to the DSW not later than December 5th, 2021.

Prof (Dr.) Reshma Nasreen

DSW