

Designing Hobbies and Extracurriculars – Case Study

A Case Study on Our Extracurriculars

Objective of this write-up is to share the analysis done for picking hobbies and extracurriculars for us, Vamsi Triveni, 3rd year Undergraduate at IIT-Bombay & Chaitanya, Class 9 student at The Doon School, Dehradun.

– Yoga & Flute as lifelong hobbies.

Additionally, our extracurricular efforts will focus on benefiting students and farming communities in rural areas, while staying committed to their academic and professional goals. Lifetime hobbies were picked up in the form of yoga and flute, however other hobbies like swimming, running etc., too were scoped to bring an element of pleasure, but as a second priority.

– Supporting students & Rural Society is scoped as Extracurriculars.

Supporting aspiring students from different walks of life, cutting across geographical and societal backgrounds + contributing to farming community is picked up as extracurricular engagement. Mission statement set by Vamsi & Chaitanya is reproduced as below: -

- i. Engaging with like-minded individuals by sharing our journey of self-progress across diverse domains such as academics, yoga, pranayama, and meditation, thereby inspiring mutual growth, and awareness.
- ii. Actively contributing to social initiatives, particularly those focused on student welfare, the upliftment of rural farming communities, and collaborations with organizations dedicated to promoting holistic well-being and sustainable living.

Below pages detail the analysis done in selecting hobbies by Vamsi and Chaitanya. Objective of this write-up is to share how hobbies were analysed & identified for Vamsi and Chaitanya.

Designing Hobbies and Extracurriculars – Case Study

Yoga was prioritized as a hobby due to the following advantages:

Factor	Reasoning
Longevity & Inclusivity	Enhances lifespan; suitable for all age groups
Minimal Infrastructure	Requires no playground or heavy equipment, can be practiced anywhere
Self-Sufficiency	Can be performed solo, without partners
Mind-Body Connection	Facilitates body-mind union and mental clarity
Structured Learning	Progresses systematically from basic to advanced levels
Economic & Sustainable	Low-cost learning, eco-friendly.
Ethico-Moral Development	Encourages societal and personal virtues through Yama & Niyama
Sensory Control	Strengthens focus and control over sensory organs (Pratyahara)
Cognitive Benefits	Boosts concentration (Dharana), minimizes intrusive thoughts (Dhyana)
Holistic Fitness	Supports internal & external organ health without additional supplements

- This structured evaluation was compared to other exercise formats. Given time constraints, adopting multiple hobbies was impractical, making Yoga the most holistic choice.

Children's hobbies and extracurriculars shouldn't be left to chance—they should be guided by intentional, neuroscience-based planning.

Indian flute emerged as a musical pursuit due to its unique advantages:

Factor	Reasoning
Portability & Ease	Lightweight and easy to carry
Alignment with Yoga	Strengthens breath control (Pranayama)
Low Maintenance	No need for significant upkeep
Historical Significance	One of the oldest known instruments
Long-Distance Sound	Smaller flutes produce louder notes
Minimal Friction	Air-based sound production eliminates mechanical wear

Designing Hobbies and Extracurriculars – Case Study

Complex Skill Development	Requires precise finger positioning without visual reference
Multi-Function Coordination	Air control, fingering, sound monitoring, and breath retention must be synchronized
Accessibility in Old Age	Does not require intense physical effort
Eco-Friendly Material	Made from bamboo , fully biodegradable.
Hygienic & Shareable	No mouth contact, making the instrument easy to share among friends.
Animal & Nature-Friendly	The flute's sound does not disturb birds or animals

- These factors make Indian Flute a **practical, sustainable, and rewarding lifelong pursuit**.

Children's hobbies and extracurriculars shouldn't be left to chance—they should be guided by intentional, neuroscience-based planning.