



## **HEALTH AND WELLNESS CLUB** **REPORT OF FUN SPORTS WORKSHOP**

**DATE: August 6, 2019**

**VENUE: Auditorium BBPS Noida**

**SPEAKER: Mr. Saurabh – Team of NAC**

**Participants: Students of Classes VI – VIII**

A day long Fun Sports workshop was held in the school auditorium on 6<sup>th</sup> August 2019 under the aegis of Health and wellness club and NAC. The workshop focused on two broad themes-Reduce Screen time and Engage in Fun Free Style Sports.

The workshop was held in two sessions. Session I was held for class VI and VII A & B. Session II was held for class VII C, D and Class VIII. Students were given hands on sessions for fun sports activities and winners were facilitated with gifts and juices on the spot. The auditorium was reverberating with energy as students were actively engaged in different balancing, dribbling and juggling exercises.

National Active Championship (NAC) advocated and appreciated the initiative of BBPS Noida in its mission to provide an equal opportunity to all the children to become physically active and adopt a healthy lifestyle. They informed students regarding the launch of an Indoor Junior Cricket Event in association with Smaash to find out the next Master Blaster. This Junior Cricket League will identify talent among deserving and winner will get an opportunity to win cricket training from an Indian Cricket Player in Mumbai and Melbourne Trip. They encouraged school children to participate in this league, so the talented cricket players from our school can be recognized on national level and they get a chance to meet their dream cricketer from our Indian cricket team. So while they aspire for the big win, they will continue the active and healthy lifestyle and also reduce their screen time at home.

A video shoot of Principal Mrs. Asha Prabhakar and HM(Sr) Mrs. Amita Ganjoo was recorded in which ma'am appreciated the initiative of NAC and supported the cause of reducing the screen time and promoting Healthy, fun filled physically active lifestyle.

The highlight of this event was a freestyle football performance by Karan Kapoor and interaction with students and coaches.

### **Glimpses of the Event:**

