



## **BAL SABHA ACTIVITY (INTER-SECTION COMPETITION)**

### **'FIT INDIA MOVEMENT'**

**(If the body is fit, the mind is a hit)**

**DATE & DAY:** 25.08.2021 & Wednesday

**CLASS:** I – II

**THEME-** Balancing Poses

### **RULES:**

- Participation of all the students is mandatory.
- A video of six different Poses will be shared with the participants. Each child has to record a video performing any four Poses from the following six Poses of his/her choice.
- Each posture should be maintained upto 10 counts minimum.
  - ❖ Tadasana (Mountain Pose)
  - ❖ Vrikshasana (Tree Pose)
  - ❖ Trikonasana (Triangle Pose)
  - ❖ Dekasana (Aeroplane Pose)
  - ❖ Virabhadrasana (Warrior Pose)
  - ❖ Natrajasana (Dance Pose)
- Participants shall first introduce himself/herself, then will state the names of Poses and she/he will be demonstrating.
- The video must be uploaded against Fit India Assignment under Bal Sabha Activity channel in your respective class team.
- Videos can be uploaded from 10<sup>th</sup> August, 2021. Last date of submission is 20<sup>th</sup> August, 2021.

### **Judgement Criteria:**

- Pronunciation of the name of Poses
- Correct Posture
- Flexibility and Confidence
- Duration of maintaining posture
- Overall presentation

### **Convenor:**

Ms Rani  
Ms. Harsha Mishra

### **HM PRIMARY**

Ms. Vinaya Pujari

