



Bal Bharati
PUBLIC SCHOOL
Sector-21, Noida, G.B. Nagar

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

FIT INDIA MOVEMENT is a nation-wide campaign launched on 29th August 2019. This movement therefore endeavours to alter the behaviour from 'Passive Screen time' to 'Active Field time' and aims to take the nation on a path of fitness and wellness. So, as to take the mission forward, Bal Bharati Public School, Noida organised a plethora of activities on the occasion of National Sports Day to give a much-needed impetus to physical fitness and health. The students took part in the activity 'Balancing Poses' wherein students recorded a video performing different poses such as Mountain pose, Tree pose, Triangle pose, Aeroplane pose, Warrior pose, Dance and uploaded it on MS Teams. The students participated in the activity with great enthusiasm.



Compiled by:
Ms. Harsha Mishra

HM PRIMARY
Ms. Vinaya Pujari