



Bal Bharati
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

FIT INDIA, HIT INDIA!

BAL SABHA ACTIVITY



Report

DATE & DAY: 25.08.21, Wednesday

CLASSES: III & IV

"Put all excuses aside and remember this: You are capable."

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. Keeping the same as the objective in mind, Bal Bharati Public School organised various activities on the occasion of National Sports Day. The students took part in the activity of "two legged jumping rope" with utmost zeal and enthusiasm. The students uploaded their videos on MS teams demonstrating their jumping skills. Few of the students, being divergent thinkers made their own skipping ropes at home with the help of a piece of clothing. The videos marked their determination to maintain a fit body and shared the message of following a healthy lifestyle.

