

## **OBESITY PREVENTION RECOMMENDATIONS**

- The foundation for lifelong good health is laid in the childhood and outside of the time spent at home, nothing provides more of an immersive experience for children than the time they spend in school. During the pandemic many of our students have become used to sedentary lifestyle leading to obesity We at Bal Bharati Noida believe that that we must tackle obesity at the ideal point in time-before problems take hold.
- One of the main avenues that the school will use to positively affect health is counselling the students.
- Nutrition and physical activity lessons will be woven into their lifestyles to help students choose and maintain healthy lifestyles.
- Parents desirous to take above classes for their wards may send their consents to the Class Teachers latest by 27 Dec, 2021.

**Overall I/C : Mr Dinesh Bist**

## **WEIGHT MANAGEMENT PROGRAMME (FROM 05 TO 07 JAN, 2022)**

| PRAYER & MEDITATION                               | AEROBICS  |             | COUNSELLING                            | WALKING / JOGGING / YOGA                                     |              | NUTRITION / MEAL ADVICE          | ROPE SKIPPING  |              |
|---|---|-------------|--|--|--------------|----------------------------------|--|--------------|
| Mr P Pallavi & Ms Sumana S<br>08.40 to 09.00 a.m. | Batch-1 (Girls)<br>Classes – VI-XII<br>09.00 a.m. to 09.30 a.m. | Ms Kavita P | Ms Aditi G<br>09.30 a.m. to 09.45 a.m. | Batch-1(G &B)<br>Classes –VI-XII<br>09.45 a.m. to 10.15 a.m. | Ms Rani N    | Ms Neha G<br>10.15 to 10.30 a.m. | Batch-1 (G&B)<br>Classes – VI-XII<br>10.30 to 11.00 a.m. | Ms Rani N    |
|   | Batch-2 (Boys)<br>Classes – VI-XII<br>09.00 a.m. to 09.30 a.m.  | Mr Swapan M |  | Batch-2 (B&G)<br>Classes – III-V<br>09.45 a.m. to 10.15 a.m. | Mr Vardhan S |                                  | Batch-2 (B&G)<br>Classes – III-V<br>10.30 to 11.00 a.m.  | Mr Vardhan S |
|   | Batch-3 (B & G)<br>Classes – III-V<br>09.00 a.m. to 09.30 a.m.  | Ms Nisha R  |  | --   | --           |                                  | --   | --           |

All Boys and Girls (from Class IV onwards) wanting to play Cricket, Football, Table Tennis and Badminton may report to the school from 05.01.2022 onwards. The timings to play games are from 08.30 a.m. to 10.30 a.m.

## **SPORTS TRAINING SCHEDULE**

| GAME         | TEACHER I/C  | TIMINGS             | 05.01.2022 | 06.01.2022 | 07.01.2022 |
|--------------|--------------|---------------------|------------|------------|------------|
| Table Tennis | Mr Vardhan S | 08.30 to 09.30 a.m. | ✓          | ✓          | ✓          |
| Badminton    | Mr D Bist    | 08.30 to 09.30 a.m. | ✓          | ✓          | ✓          |
| Football     | Mr Rani N    | 08.30 to 09.30 a.m. | ✓          | ✓          | ✓          |
| Cricket      | Mr D Bist    | 09.30 to 10.30 a.m. | ✓          | ✓          | ✓          |

*Asha Prabhakar*

**Asha Prabhakar**  
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

### Distribution

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