

Circular No.74/2022-23

Date: 21 Oct, 2022

Dear Parents,

The rising rates of obesity, heart problems and related health problems in the children, especially from the urban areas is not particularly news to anyone. The modern day unorganised lifestyle of the younger generation, leaves the kids mentally and physically exhausted with no energy left for physical activity, leading them to spend their free time with their eyes glued to the computer or phone. There is a growing awareness that the health and psycho-social well-being of young children is of paramount importance and schools can provide a strategic means of improving children's health.

The Central Board of Secondary Education has time and again recommended compulsory time schedule for Physical Education & Sports activities for the students of all classes. The Board through its various advisories (Circular No. 09 dated 31.5.2006, Circular No. 29 dated 20th June, 2007, Circular No. 27/08 dated 24th June, 2008, Circular No. 49 dated 6th Nov., 2008 and Circular No. 57 dated 20.11.2009) has directed schools to ensure at least 40-45 minutes of Physical Activities or Games period for Classes I-X every day. For Classes XI – XII it should be ensured that all the students participate in Physical Activity / Games / Mass P.T / Yoga / Swimming with maximum health benefits for at least two periods per week (90-120 min / week).

In pursuance of CBSE circulars and looking forward to a healthy future, the school has made Sports activities compulsory for all students as per their physical fitness. Various classes have been allotted different sporting activities. We feel as equal stakeholders parents will appreciate that participation in Physical Education & Sports activities is highly beneficial to one's health and it leads to improved performance by students in schools, in addition to helping them in developing many life skills.

The School is of the firm opinion that the Physical Education & Sports programs teach important conflict resolution skills including team work, fair play and communication leading to reduced violent behaviour among children. Further, children who participate in Physical Education & Sports develop a positive attitude towards everyday life activities.

Physical education not only helps keep the body fit, but it also allows children to have better mental health, inculcate a competitive spirit. The school, therefore, requests all parents to empower the school in motivating the children towards adopting health and fitness as the way forward.



Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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