



Report

Visit to BBPS, Solan Activity Centre

Batch: 31 and 32

Gender: Female (Girls batch)

Classes involved: IV-V

Dates: 18.09.2022-21.09.2022

After two years of lockdowns and isolation, students return to school with the same excitement and energy they had two years back. Bal Bharati Public School, Noida brought back the old practice of visiting the Bal Bharati Public School, Solan unit to be a part of the activity centre and undertake various activities.

Batch number 31 and 32 comprising of 37 girls each from class IV and V started for solan on 18.09.2022 along with four staff members, two sahayika and one nurse.

Reaching BBPS, Solan



Batch 31 ready to begin the adventure.



Batch 32 after the orientation session.

On reaching Solan students were greeted by the coaches and were apprised of the rules and the regulations. The rooms were allotted to students and they were asked to put the bed sheet and pillow cover. Students diligently followed the instructions and successfully completed the task.



Orientation Session

The arrival was filled with various fun activities to warm up the students to the cool environment of Solan.

Stay at BBPS, Solan Activity Centre



Comfortable stay

The rooms allotted to the staff and the students were spacious and well equipped. Students' beds were bunk beds with a mattress and a pillow. Each child had one locker to keep their luggage.



Bunk beds and lockers

Interestingly, the names of the rooms are inspired by Indian rivers.

Each floor was equipped with multiple bathrooms and restrooms. For indoor activities there was one Multipurpose Hall.



Rooms inspired by Indian rivers

Activity Centre

The activity centre has various activities to strengthen the adventurous spirit of the students. Coaches took great care in providing practice, assistance, and any help that is necessary. Each student was given the opportunity to take part in each and every activity the centre offered.

The centre offers activities contributing to the physical and mental strengthening of the students.

Following are the adventurous activities undertaken:

1. Trekking:



2. Morning prayer:



3. Zip lining:



4. Rope bridge crossing:



5. River Crossing:



6. Rope climbing:



7. Net climbing:



8. Obstacle course:



Meals

Breakfast en route Solan on 18.09.2022, was at Vivaan hotel, Karnal. The breakfast served was healthy and scrumptious. After a long journey, students enjoyed their meals to the fullest.



Breakfast at Vivaan Hotel, Karnal



Meals at BBPS, Solan-
Activity Centre

Meals served at the activity centre were balanced and protein-rich, in order to develop the readiness level of the students for the activities planned.

Lunch on returning trip, i.e., on 21.09.2022 was at Vivaan Hotel, Karnal. The menu included Dal Makahni, Laccha Paratha, Rice and Gulab jamun.

With the meals, students were taught not to waste any food and to eat as per their requirements. Stacking plates and spoons as daily practices were also inculcated.

Departure

The return for the school was on 21.09. 2022. Students were bid farewell with packed snacks for the way. The visit to BBPS, Solan was an enthralling experience for the younger kids who are always eager to utilize their energy in productive activities. The unrelenting drive and intriguing minds of the students came to rest as it was the time of taking leave from their cosmos of fun filled adventure. The educators and students will look forward to another adventurous trip to Solan next year.



Till we meet again!

Compiled by:

Ms Dhanya P

Ms Sona R