



Bal Bharati
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

REPORT

BAL SABHA ACTIVITY (2023-24)

"HUM FIT TO INDIA FIT"

Date: 21/08/2023-25/08/2023

Classes: I-III

Theme: Sports Week

Class I and II- Langdi Tang

Class III- Game of marbles

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit." – Ken Doherty

Sports play a pivotal role in society due to their numerous benefits. From promoting physical health and fostering social interaction to instilling discipline and boosting confidence, sports offer a wide range of advantages. Additionally, sports teach essential life skills and values, making them an integral part of personal and societal development. To promote sports activities amongst students of classes I to III, various indigenous games were organized.

Classes I and II- Langdi Tang (लंगड़ी)

Langdi Tang, a traditional Indian game, has a history dating back several generations. This game, also known as "Langdi," involves players hopping on one leg to tag opponents while avoiding being tagged themselves. Students from classes I and II participated in Langdi.



Students of classes I and II playing Langdi Tang



Hop and Catch: Revisiting the Golden Days

The game of Langdi Tang promotes physical fitness, balance, and coordination while providing entertainment, and reflecting the country's rich heritage of traditional games. Students exhibited great enthusiasm and interest.

Class III- Game of Marbles (कंचे)

Kanche, also known as "marbles," is a traditional game that spans cultures and history. The game involves players using small objects to knock others out of a designated area, fostering precision and strategy.



Plan, Put and Pit: A game of many strategies.



Students of Class II aiming for the hit.

In India, Kanche is a beloved game played with glass marbles, connecting generations through shared play, and preserving a piece of cultural heritage. Students of class III learned about the art of aim, precision, and strategy. This game was a new experience for our young players.

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