



**Bal Bharati**  
PUBLIC SCHOOL

Sector-21, Noida, G.B. Nagar

## Report

### Visit to Bal Bharati Public School, Solan-Activity Centre

**Batch:** 70 and 71

**Gender:** Girls Batch

**Dates:** 30.11.2023-03.12.2023

Bal Bharati Public School, Noida, emphasizes life skills development, exemplified by the recent winter trip for Class III-V students to Bal Bharati Public School in Solan, Himachal Pradesh. This excursion marked the first participation of two Class III students in such an enriching journey. The trip aimed to broaden students' horizons, fostering experiential learning and cultural exchange. Batch number 70 and 71 comprising of 72 girls from classes III and V started for solan on 30.11.2023 along with four staff members, two sahayika and one nurse.



**BATCH 70 AND 71 READY FOR THE ADVENTURE.**

### Reaching BBPS, Solan

Upon arriving in Solan, the coaches welcomed the students and briefed them on the rules. The newly constructed dormitory rooms greeted us warmly upon our arrival. The students were then allocated rooms, where they attached the task of adorning their beds with bed sheets and pillow covers.

The instructors begin with warm up exercises for the students, to help them warm up to the cold weather of Solan Valley. After the warm-up students were greeted by the respected Headmaster and were taken for the orientation session.



**Orientation- The DOs and DONTs.**

### Stay at BBPS, Solan Activity Centre



**Students preparing their own beds.**

The rooms allotted to the students and staff were spacious and well equipped. For students there were bunk beds and individual lockers. Each room had attached washroom with multiple toilets and bathroom. For the cold season hot water for bathing was also made available.

## Activity Centre

The activity centre provided an array of experiences tailored to cultivate the adventurous spirit within the students. Coaches meticulously attended to offering guidance, practice sessions, and necessary assistance, ensuring a nurturing atmosphere. Each student was afforded the opportunity to partake in every activity offered. The centre offers following activities, contributing to the physical and mental strengthening of the students.

- Parallel Rope
- Rappling
- Burma Bridge
- Net Climbing
- Rope Ladder Climbing
- Ladder Climbing
- Balance Beam
- Net Crawling
- Trekking



## Meals

During our journey to BBPS, Solan the breakfast was arranged at the Vivaan Resort, Karnal. The breakfast was healthy and scrumptious. The breakfast provided students with the energy and enthusiasm to continue our journey to Solan.



Eating a healthy and tasty meal.

The activity centre provided variety of food items during mealtime. The meals served were well planned, balanced, and rich in taste. Students were taught not to waste any food and be mindful of their requirement.

## Departure

Our departure was planned for December 3, 2023. The visit to BBPS, Solan proved to be an incredible journey for the students. This educational expedition infused them with energy and a thirst for further adventures. As we bid farewell to the Activity Centre, we carry with us not just lessons learned but also cherished memories. Eagerly anticipating our next visit next year.



Ready for the New Adventure...

Report Submitted by:

Ms Dhanya P