

Report on Visit to Bal Bharati Public School, Solan- Activity Centre

Date of Visit: 22/09/24- 25/09/24

Location: Bal Bharati Public School, Solan

Attendees: Batch 41 & 42 (Boys of class IV & V), Ms. Sona Rawat, Ms. Diksha Tiwari, Ms. Yasha Sharma, Ms. Garima Priya, 2 lady attendants

Purpose of the Visit: The primary objective of the visit was to prioritize the holistic development of its students, which was evident in the excursion for students of Classes IV and V. This trip, held at Bal Bharati Public School in Solan, Himachal Pradesh, marked an important step in enhancing students' life skills through hands-on learning and cultural exposure.

Highlights of the Visit:

- **Arrival at BBPS, Solan**

Upon arriving at Solan, the group was warmly welcomed by the instructors, who provided an orientation on the centre's rules. The students were assigned newly built dormitory rooms, where they quickly got involved in making their beds—a task that initiated their sense of independence. A warm up session was conducted followed by an introductory meeting with the Headmaster.



- **Accommodation at BBPS, Solan Activity Centre**

The accommodation for both students and staff was spacious and well-equipped. The dormitories for the students featured bunk beds and individual lockers, with attached washrooms containing multiple toilets and showers. Hot water was also available to ensure comfort of the students.

- **Unlocking Adventure at BBPS Solan**

The Solan Activity Centre offered a range of challenging yet enjoyable activities that were designed to encourage adventure and resilience among the students. Under the careful guidance of the coaches, the students participated in a variety of exercises, each crafted to enhance both their physical and mental endurance. The activities included Parallel Rope, Burma Bridge, Swing Bridge, Swing Ladder, Rope Ladder Climbing, Zip Lining, Ladder Climbing, Balance Beam, and Trekking. Every student was given the opportunity to engage in all activities, which fostered a spirit of camaraderie and personal growth.

- **Healthy Bites for a Brighter Future**

During the journey to Solan, a wholesome breakfast was served at the Vivaan Resort in Karnal, providing the students with the necessary energy for the trip ahead. At the activity centre, meals were nutritious, well-balanced, and delicious. The students were also educated on the importance of not wasting food and were encouraged to adopt and maintain healthy eating habits for overall well-being and long-term health benefits.



- **Journey Complete at BBPS Solan**

The group's departure from the Solan Activity Centre was scheduled for 25th September 2024. This trip proved to be an incredible learning experience for the students, igniting in them a passion for further adventures. As they left the centre, they carried with them not only valuable life lessons but also treasured memories, eagerly anticipating the next visit.



Report Submitted by: Sona Rawat

Supervision
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