

## **BAGLESS DAY REPORT- CLASS VII**

The Bagless Day initiative in schools offers students an opportunity to engage in extra-curricular activities. As outlined by the National Education Policy (NEP) 2020, students are encouraged to participate in bagless days to enhance learning through enrichment activities. On 9<sup>th</sup> May, 2025 Bagless Day for class VII was organised engaging students in a series of enriching activities such as Tidy Up Tactics, Notebook Swaddle and playing Traditional Games. These hands-on experiences fostered independence, allowing students to develop practical skills while enhancing their creativity and personal responsibility.



*Students embracing the spirit of traditional*

The students enthusiastically participated in a range of traditional games, including hopscotch, kabaddi, and kho-kho. The activity aimed to reconnect students with the rich cultural heritage of India while promoting physical fitness, teamwork, and joy in learning beyond the classroom. The school grounds were filled with energy and laughter as students engaged in these age-old games, showcasing their agility, strategy, and sportsmanship. This initiative not only provided a refreshing break from routine academics but also encouraged students to appreciate the value of indigenous games that have been enjoyed for generations.

The students were taught the meticulous art of folding clothes with care and precision. They learned techniques for efficiently organizing bulkier pieces, ensuring that each item is folded neatly to maintain its shape and integrity. This practical skill not only enhanced their ability to store clothing in an orderly manner but also helped preserve the longevity and appearance of their winter wardrobe. Through this activity, students developed an appreciation for proper garment care and its role in maintaining a well-kept closet.

Students learned the eco-friendly and creative art of covering notebooks using old newspapers. This hands-on session aimed to promote sustainability and encourage the habit of recycling in everyday life. Guided by teachers, students carefully folded and wrapped their notebooks, transforming simple newspaper into neat and functional covers. The activity not only fostered environmental awareness but also enhanced students' fine motor skills and sense of



*Hands-on learning: mastering the art of neatly folding clothes*

responsibility. It was a meaningful experience that combined creativity with conscious living, reinforcing the importance of reducing waste and reusing available resources.



Neat covers, happy faces!

As part of the Bagless Day initiative, a special Yoga, Fitness, and Mental Health session was organized in collaboration with Dr. Reddy's Swasthyashala Health Awareness Program. The session aimed to promote holistic well-being among students by focusing on physical fitness, mental relaxation, and healthy lifestyle practices. Trained instructors guided the students through a series of yoga postures, breathing exercises, and mindfulness techniques designed to reduce stress and improve

concentration. The interactive session also included valuable tips on mental health awareness, balanced nutrition, and the importance of regular physical activity. Students participated with great enthusiasm, making the session both educational and rejuvenating.



Wellness in focus: Yoga and mental health session with Dr. Reddy's Swasthyashala Program

A comprehensive Disaster Management session was conducted to raise student awareness about emergency preparedness and survival techniques. Held in the school auditorium, the session included an emergency mock drill and informative presentations aimed at educating students on how to respond effectively during natural or man-made disasters. Through live demonstrations and engaging PPTs, students learned about safety protocols, evacuation procedures, and the importance of staying calm and alert in critical situations. The session successfully equipped students with essential



Empowering preparedness

knowledge and practical skills, fostering a sense of responsibility and readiness for unforeseen emergencies.

Overall, the students thoroughly enjoyed participating in the activities alongside their friends and teachers. The day provided a unique opportunity for them to engage in meaningful hands-on experiences, such as playing traditional games, learning folding techniques, and covering notebooks with old newspaper. Not only did the students have fun, but they also acquired new skills that fostered creativity, independence, and collaboration. It was a day of learning, teamwork, and personal growth that the students truly valued.

**Link (Videos, Pictures and Feedbacks of Children)**

<https://drive.google.com/drive/u/1/folders/1Zh7LbLmBEHAxlZvWD0BZBnBKgNweGiOV>

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