



**Bal Bharati**  
**PUBLIC SCHOOL**  
M A N E S A R

**Astronaut- Can you be one of them ?**

**Third astronomy workshop was conducted on 23rd February for classes 3 to 5. The theme of the workshop was 'Astronaut - Can you be the one?'. The workshop focused how do astronauts live and work in space. In this workshop the students were introduced to the facts related to physical fitness and the intensive training in order to be qualified as an astronaut. The workshop laid emphasis on the importance of physical, social, mental and emotional well being. Various activities like: Picking up paper strips using straw was conducted to test the lung capacity. Activity of balancing lemon in a spoon was organized to check the optimal level of balancing in students. Few more activities were arranged to test the endurance of muscle strength and concentration in students. The overall winner was given a treasure box to open and experience wearing an astronaut suit. A game kit was gifted to all the students.**







