



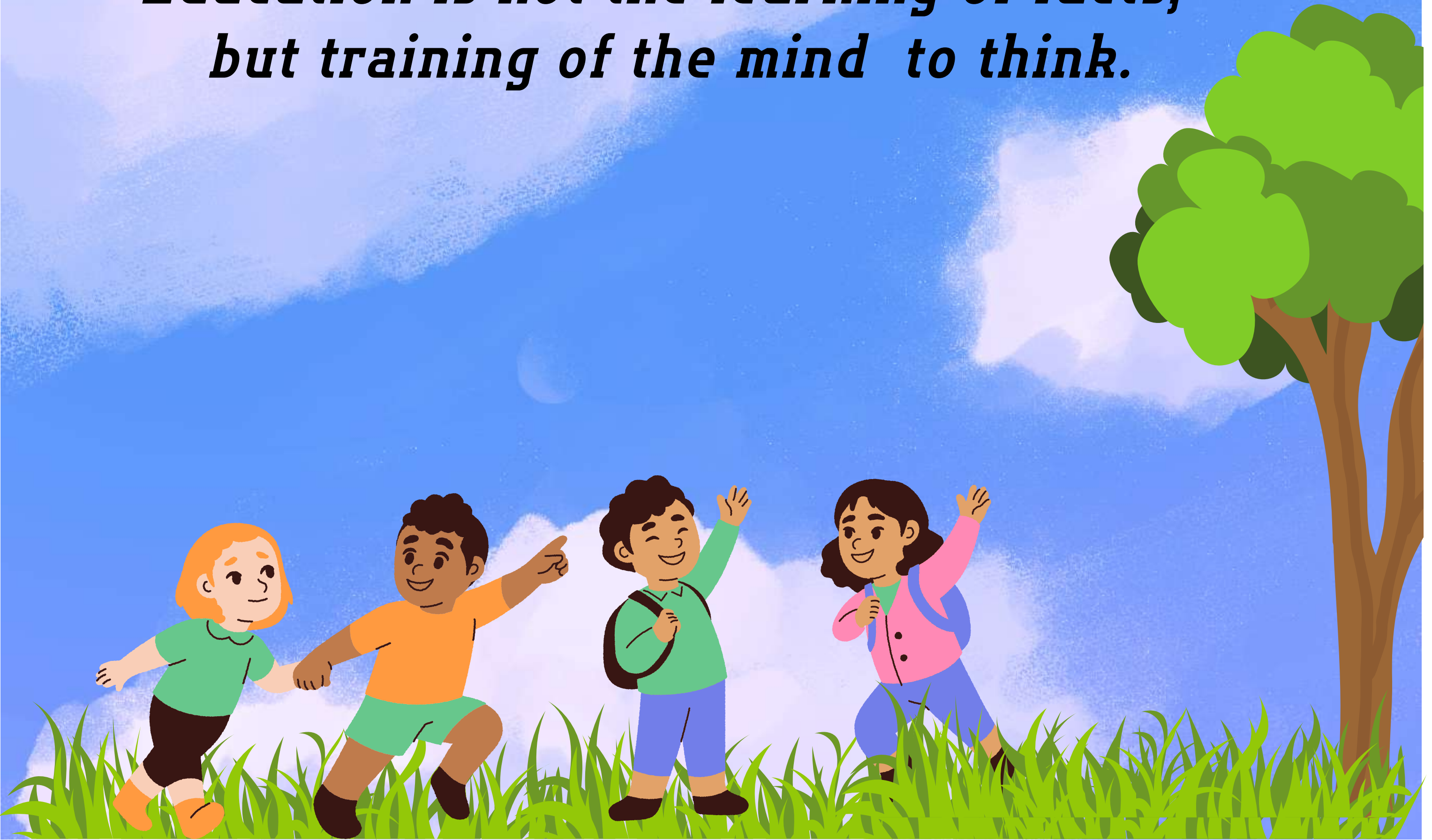
Bal Bharati
PUBLIC SCHOOL
M A N E S A R



NEWSLETTER

(PRIMARY DEPARTMENT)

*Education is not the learning of facts,
but training of the mind to think.*



BAL BHARATI PUBLIC SCHOOL, SECTOR 1,
IMT MANESAR, GURUGRAM, HARYANA
1220052

CONTACT NO.092128 08008
EMAIL ID:BBPSMN@BALBHARATI.ORG
WEBSITE: BALBHARATI.ORG



RHYTHM



Exercise is a vital power tonic that everyone needs to maintain a fit physique. Children appreciate workouts that involve rhythm and beat. With the help of lazium, dumbbells, and other tools, our tiny Bal Bharatians of Class I enjoyed the activity Rhythm with full enthusiasm and zeal.



FLEX N FIT WITH AEROBICS



Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. To inculcate the same, students were divided into groups to demonstrate different Aerobic moves like Basic Step, V-Step, Step Touch, Mambo etc. Exercises and Yoga postures were included.



SPRITUAL WORKSHOP

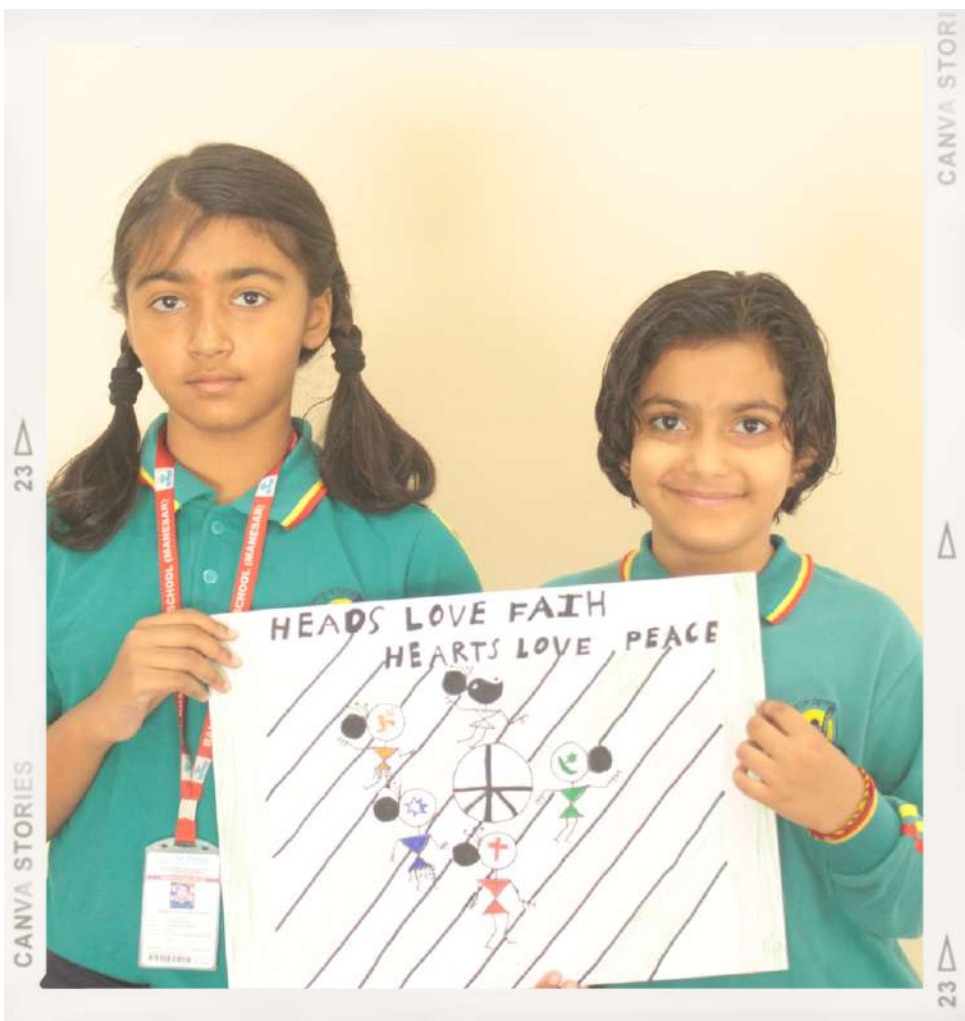
Ms. Jyoti Sharma organized a workshop in the month of May, 2023 for grade III on Spiritual Discipline. The aim of the workshop was to highlight harmony between mind and body. It started with Mantras and the correct way of pronunciation of AUM.

Few concentration techniques of yoga were covered in the workshop to educate students on enhancement of concentration level in their studies and behaviour. One of the techniques covered was Tree Pose which enhances the higher concentration of the mind. Similarly, the benefits of all the techniques were discussed in the workshop. Students wholeheartedly participated in the workshop with glee and gusto.

MAXIM AND SCHEMA



An Inter house poster making competition for juniors was held on 3rd May, 2023 within the school premises. The theme of the event was Maxim and Schema which involved poster making on Communal Harmony by students of class 4th. The students explained the slogan depicted in their posters to the jury and actively participated in the competition and learnt a lot from the same. The aim of the competition was to encourage students to make posters depicting Communal goodwill and polyphony among various communities living together.



NUKKAD

NATAK



AAO AAO
NATAK
DEKHO



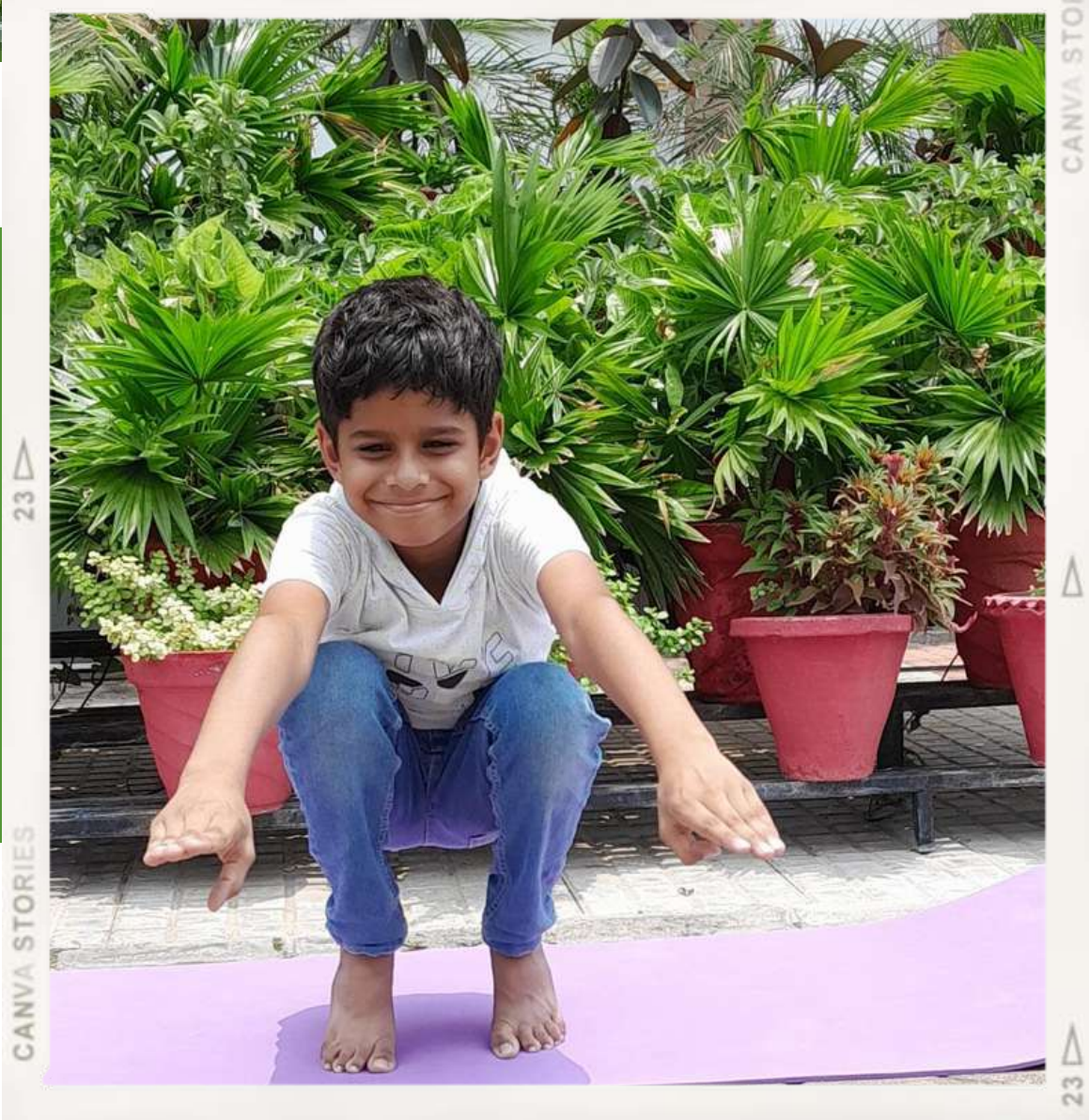
Students of class V performed a nukkad natak on 24th May, 2023 in IMT sector 1, Huda Market. A social message was put across to all to save environment and decrease pollution to save our planet. It was an eye opener for many people present in the market place and the students too had a great experience.



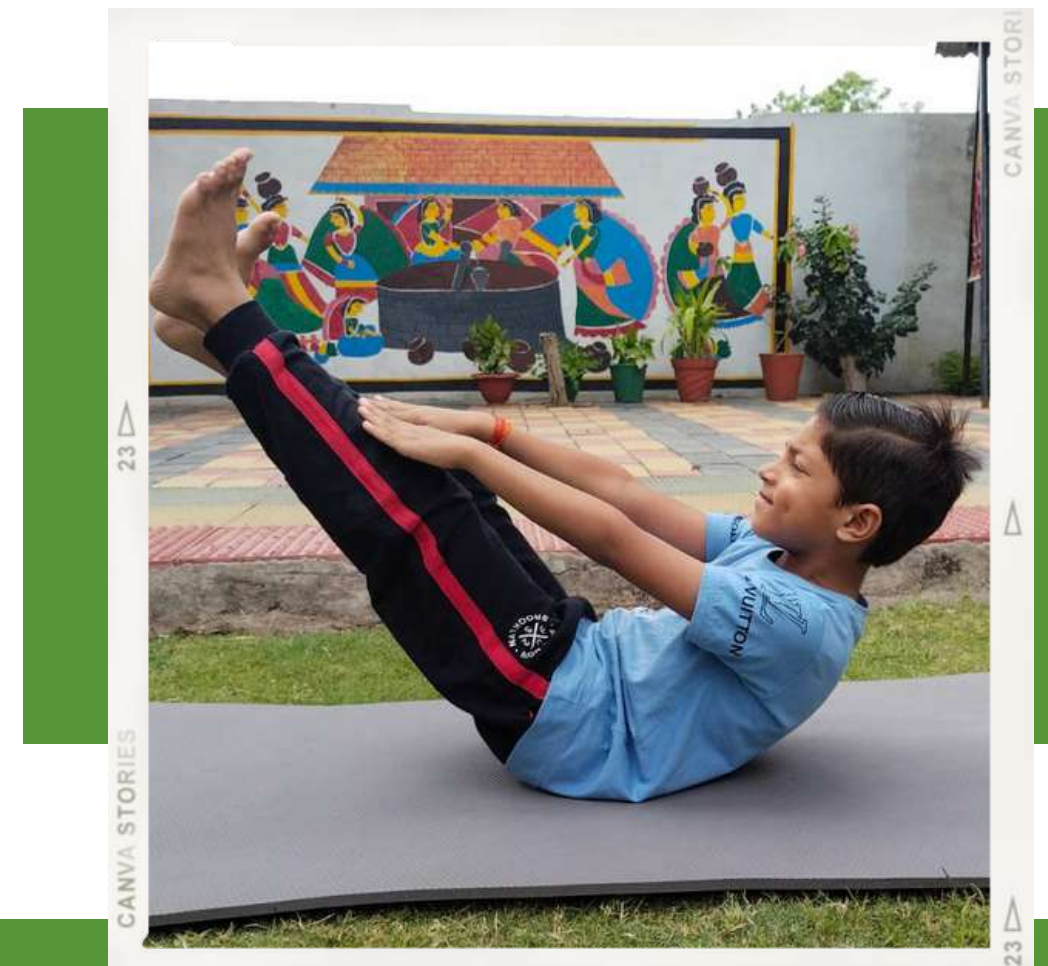
YOGA DAY

"Yoga is a way of moving into stillness in order to experience the truth of who you are."

— Erich Schiffmann



Bal Bharati Public School Manesar is committed to spread awareness about Yoga & making the students well rounded personalities who are mentally, physically & emotionally well balanced. Thus, in order to celebrate Yoga Day, the School curated Yoga videos comprising of a signature asana for each day along with its benefits based on physical, mental and emotional wellbeing.

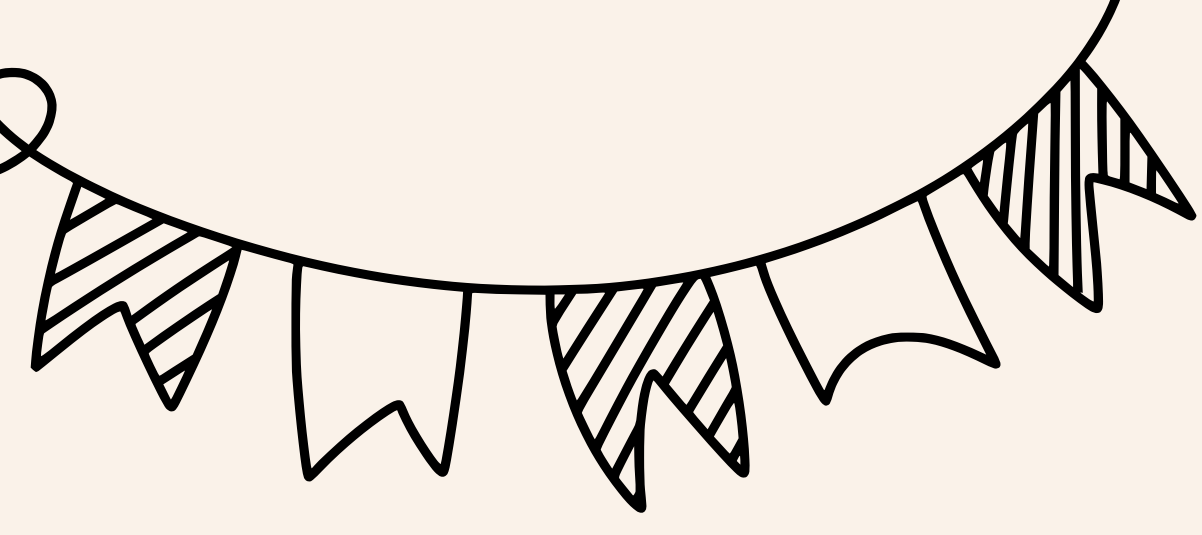


These videos were shared with the students and parents consecutively for ten days, from 12th to 20th June, 2023 culminating on the International Day for Yoga on 21st June with a live streaming of a yoga session for the stakeholders.



NATURE TRAIL AND NURTURE THE NATURE

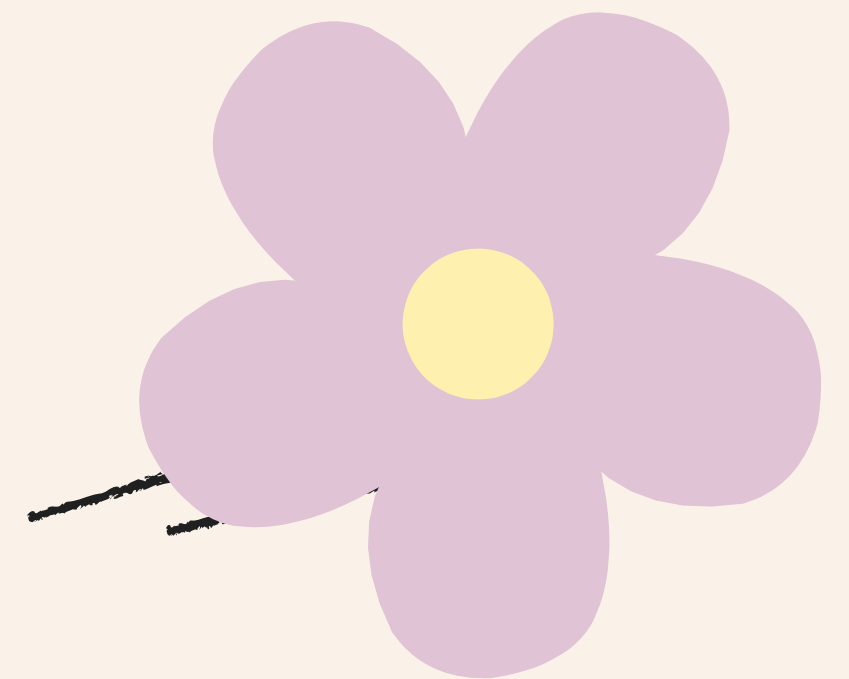
Bal Bharati Public School Manesar has always made an effort to promote green environment with reference to conservation of biodiversity. Keeping the same in view, activities 'Nature Trail' and 'Nurture the Nature' were planned for the month of April under which the students of Classes IV & V went for an excursion to Tau Devi Lal Bio Diversity Park, Gurugram. The trip encompassed visit to not only ecosystems, population and species but different subunits of species as well. Children penned essays related to their observation and experience after the visit. The activity helped the children to realise how indispensable it is for us to conserve nature and understand the value of green environment. The trip over all could be summarized in nutshell as fun and pleasure with a learning experience.



SERENE SOUL



संस्कृत श्लोकभारतीय संस्कृति कामहत्त्वपूर्ण अंगमाने जाते हैं | संस्कृत भाषा मेंश्लोकों का आरंभवेदों से मानाजाता है | प्राचीनकाल से आजतक ये श्लोकहमारे जीवन काआधार बने हुएहैं | इनमें जीवनजीने के मूल्य, जीवन जीने कीनीतियाँ और उनसेहोने वाले लाभोंको बताया गयाहै | ये श्लोकमनुष्य के दिशाहीनजीवन की दिशानिर्धारित करने में मददकरते हैं| विद्यार्थियोंके लिए तोश्लोकों को भावऔर अर्थ सहितसमझना अति आवश्यकहै | इसी बातको ध्यान मेंरखते हुए बालभारती पब्लिक स्कूल, मानेसर में 18 अप्रैल 2023को श्लोक वाचनगतिविधि का आयोजनकिया गया | जिसमेंकक्षा तीसरी केविद्यार्थियों नेअपनी प्रतिभा औरज्ञान का प्रदर्शनकरते हुए श्लोकोंका शुद्ध उच्चारणकिया ।



Life is School..we learn, we
reach, we advance!

Thank you for reading!