

7 April 2020

Dear Students

At Bal Bharati Public School, Rohini, Games and Sports form the core of our curriculum.

We ensure that each one of you is actively involved in different physical fitness activities and organized sports.

During the Lockdown period, we want you to continue doing these activities, so, we will be sharing videos related to these Physical Fitness activities.

You must watch these videos and follow the Physical Fitness Drill which is recommended during Morning Hours.

These include some basic aerobic, yoga and fitness activities.

Stay Fit, Stay Safe

Stay at Home

Geeta Gangwani
Principal, BBPSRH