



Bal Bharati
PUBLIC SCHOOL
PITAMPURA

WORLD HEALTH DAY PRE PRIMARY

The students of Pre-Primary celebrated World Health Day and theme of the day was “**Exercise is important for our good health**”. It was observed on 16th April to draw the attention of tiny tots to the importance of health and well-being by doing exercises. The students were educated about different physical activities like running, cycling, jogging, aerobics to be fit and healthy. They were encouraged to do yoga poses to be healthy. Dancing is a whole-body workout and is the best exercise, so each child was encouraged to dance virtually with enthusiasm and energy.





