



THE BISHOP'S CO-ED SCHOOL , KALYANI NAGAR
JUNIOR SCHOOL REPORT ON BAGLESS DAY
(FIRST SESSION)

“A healthy outside starts from the inside.” Robert Urich

A Bagless Day based on the theme of “Healthy Choices, Healthy Life Day” was organized for the Junior School children on 6th April, 2024.

The day brought a wonderful opportunity for students to experiment, innovate and build self-realization of the importance of making healthy choices for a healthy life.



The students were taken to the auditorium, where they were shown a presentation on the importance of a healthy living and physical fitness. The P.Ed department conducted a warm up session followed by some exercises followed by Zumba, which got all the children exercising to the beat of the music.





After the fitness activity, the children were taken back to their respective classes where they plunged headlong into the preparation of various healthy and delicious treats viz Fruit Salad, Makhana Chat, Sweet Corn Chat, Biscuit Canapes and Fruity Chia Pudding. The dish presentations were spot on and the end result was worth tasting. The children enjoyed the activity thoroughly and consumed the snacks in no time.



The day proved to be one that was fun-filled as well as educative.

REPORT BY : MRS. BERYL VAZ