

## INTERSCHOOL EVENT- PULSE 2022

Songs are a beautiful amalgamation of words and music presented by singers. They tell us stories, express emotions, convey messages or even address a cause. To bring out the singing talents of students and to create the awareness towards healthy living, a virtual group song competition was organized by Bal Bharati Public School, Gangaram Hospital Marg, ND on the theme '**Swasth Raho Mast Raho**'.

A group of five students of Class III brought laurels to the school by showing their exemplary performance and bagged **First Position** in the event. They sang a self-composed melodious song with lyrics highlighting the importance of health. The parameters of judgement were sur, taal, lyrics and overall presentation.

Our student Niesha Kaur Sawhney of Class 5F bagged **Second Position** in the event 'Slimnastics' and made the school proud. Slimnastics is a form of physical exercise that combines rhythmic aerobic exercises with stretching and movement of the body. Niesha performed slimnastics with graceful body movements in coordination with music beats. She used Hula-hoop and ribbon as props and performed seven different steps with the beats. The judgement criteria included creativity, rhythmicity, use of prop, coordination and overall presentation.

