

Report - Bag less Day 1

Event: Bag less Day 1

Day/ Date: Thursday, 19 May 2022

Time: 8am – 1:45 pm

Classes Involved: I-V

As per NEP 2020 **Bagless days** are important in schools in order to develop an interest in extra-curricular activities among students. We, at ITL Public School observed Bagless Day 1 on 19 May 2022 for Classes I -V believing that children can learn a lot even without books. Various types of enrichment activities involving arts, sports and vocational crafts were organized.

Classes I and II beamed with joy when they watched the puppet story in the jungle arena during the Puppetry show.

The Budding Artist of **Classes I**, dipped their little fingers in colours and created butterflies, trees as part of hand printing. Students participated with full zeal and enthusiasm as they prepared nutritious yet delectable delicacies. Food items made during the flameless cooking 'Feast and Flavour' were the visual treat. They explored their hidden talents with 'Veggie Cracker'

Class II creativity in form of Tie and Dye Activity was depicted when tied t-shirts and handkerchief were dipped in vivid colours. The creative way to express and celebrate summer days with mango feast in form of 'Mango Delight' was the most relished treat enjoyed by all.

To increase the stamina, strengthen the body and stay fit students of **Class III** enjoyed Aerobics. They also had fun learning music. They created beautiful bottles by learning glass painting. **Class IV** students tried their hands in culinary skills by learning icing on cupcakes. Yoga and mindfulness have shown to improve both physical and mental health in children. A yoga session was organized to improve balance, strength, endurance and aerobic capacity in children. They also had fun tapping their feet at music.

Class V students learnt Coding and created attractive garden scenes on Computers. They created beautiful handmade jewellery for their loved ones and also enjoyed the story narration by their teachers. Even at the end of the day students were full of zeal and enthusiasm.

