

Shiksha Bharati Global School

Workshop On Physical Education

Date: 19 July 2025

Day: Saturday

Venue: School Auditorium

An workshop on Physical Education was conducted on **19th July 2025**. Students from **Class 1 and Class 2** actively participated in the event.

The session began with a **talk by the teacher**, followed by a **questionnaire** aimed at educating the students about **diet and various types of food**. This helped raise awareness among students about healthy eating habits and nutrition.

The students also showcased their talents through a **skit** emphasizing the importance of a balanced diet and regular physical activity. Additionally, a **yoga session** was conducted where students demonstrated various **yoga poses and spoke about their benefits**, promoting physical and mental well-being.

Throughout the activity, the students displayed a **positive attitude towards physical education** and **demonstrated excellent teamwork skills**. The event was both educational and engaging, fostering enthusiasm for a healthy lifestyle among young learners.

