



Bal Bharati
PUBLIC SCHOOL
Sector 12, Dwarka

BAL BHARATI INTER-UNIT ROPE SKIPPING COMPETITION 2022

(Under the aegis of Sports Council, Child Education Society (Regd.), Delhi)

“Skipping subtracts years from your heart, adds joy to your life, multiplies your happiness, and divides your stress. It's a prime exercise and among one of our greatest blessings.”

-Terri Guillemets

Dear Sir/Madam,

Sports have been an integral element of education at BalBharati and are crucial to the development of a well-rounded personality in children. Regular engagement with sporting activities not only ensures physical fitness but also helps learners inculcate essential life skills such as critical thinking, decision making, teamwork and resilience. Rope Skipping is a game that fosters a sense of joy, challenges young athletes to push their limits and acquire national and international laurels.

In view of the COVID-19 pandemic, our children have been deprived of opportunities to exhibit their athletic talent and derive the innumerable cognitive, social and mental health benefits associated with sports. Sports Council (under the aegis of Child Education Society) has pioneered to revive the magic of sports in Schools and Bal Bharati Public School, Dwarka is pleased to host **Bal Bharati Inter Unit Rope Skipping Competition 2022 on August 03, 2022 and August 04, 2022**(details enclosed). We believe that the event will provide a platform to students display their stupendous rope skipping skills, compete with their peers in a stimulating environment and embrace the spirit of healthy sportsmanship.

The competition will be governed by the rules of Rope Skipping Federation of India (RSFI), where participants shall get a chance to contend for the winning trophy and glorious accolades in separate categories.

Eagerly looking forward to enthusiastic participants from your school, who will be vying for top honours in this mega event.

Warm Regards

Suruchi Gandhi
(Principal)