

Cir/18 / 18-19

Dear Parent,

Date: 03.08.2018

Greetings! It gives us immense pleasure in informing you about Tirangaa 2018, our Annual Inter School showcase of talents and skill. Tirangaa sets a vision to nurture talent and tap into every students hidden potential. This year the theme of the event is "Health Fitness- Mind, Body and Soul". The objective of this campaign is to improve physical and mental health of our students so that they realize their potential, and work happily and productively.

Healthy Kids Learn Better!

We have different events for the students across the grades PP1 to 10 as mentioned below. Interested students can submit the below participation form to their respective class teachers by 7th August, 2018. There will be a preliminary round conducted and the shortlisted students will participate in the event on the day of Tirangaa.

Preliminary round will be conducted on 10th August,2018

PP1 and PP2

Event 1 -Pom Pom Hockey Activity: Playing hockey with Pom Poms Event 2- Guess My Dress-Fancy Dress based on the theme

Grades 1 and 2:

Event 1 - Wordazzle Activity: Puzzle- Find the theme words hidden in the grid. Event 2 - The Urban Yogas Activity: Story Yoga-Presenting a story through simple yoga poses Grades 3 to 5: Event 1- Jog your Brain Activity: Memory Game – Identify healthy elements from the picture Event 2 - Three by three Activity: Triathlon - three events played by three members team Grades 6 to 8: Event 1 - Expressions Activity: Poster Making based on the theme shared on the spot Event 2 - Raponomics Activity: Create a Rap based on the theme shared on the spot Grade 9 to 12: Event1 - Funny bones Activity: Stand Up Comedy-relevant to the theme Event 2 – Just Capture It Right Activity: Movie Making on healthy habits noticed during the competition.

School Event -Peerless Platter

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activity: Prepare a healthy meal platter in groups an	d share t
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event							700

PARENT SIGNATURE: