

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT ON SPORTS DAY

NAME OF THE PROGRAM:- SPORTS DAY

DATE: - 20 JANUARY 2024

VENUE: - SPORTS ROOM, BACK STAGE OF ROYAL COLLEGE

TIME: 7.30 AM to 2.00 PM

NO OF PARTICIPANTS: - 45

OBJECTIVES:-

Organizing:

To give upcoming teachers firsthand experience in organizing Annual Sports Day.

Values:

To raise awareness about values of sportsmanship including discipline, perseverance, sportsman spirit and team work.

Development of Physical Fitness:

To encourage students towards fitness and develop the strength and sharpen skills.

Coordinator:

ASSISTANT PROFESSOR:- MS SHAISTA SHAIKH

Reflection: -

Participating in sports day was really helpful and fun at the same time. The day started with March past which taught us the value of discipline and coordination. Group games like Kho-Kho, Tug of War, Blind- Volley ball and Relay taught about the importance of team work and taught us how we can achieve goals together. Some indoor games were organized to display our mental skills along with the outdoor games for our physical skills. Students learnt the importance of participation and putting efforts. They also learnt how to cheer for others, motivate others.

Outcomes Achieved:

The Annual Sports Day helped development of the Sportsman spirit among the students teaching them about the important life skills and core values like discipline, coordination, cooperation, team spirit etc. Students also learnt organizational skills while planning and

executing the event successfully. Students got to enjoy the day away from the routine which helped in revitalizing their learning spirit.

Feedback of the students

Atiya Mulani : The annual sports day was very well organized it fostered team work and unity enhanced sportsmanship and provided platform for friendly competition.

Nakhat Alam: It helped us to showcase our skills and appreciated others too.

Riya: It helped in learning the organizational skills.

Liza: I enjoyed the day thoroughly as I got the chance to showcase my talent and stamina, winning many competitions.

Misbah: The Sports day really helped us in breaking the monotony and enjoy the physical activities.



OBSTACLES RACE



MARCH PAST



CHESS



CARROM