

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT ON ANNUAL SPORTS DAY

DATE: 17th February, 2023

VENUE: Royal College Campus

TIME: 7:30 a.m. Onwards

Sports Day is an event where people participate in various physical activities and competitions to showcase their athletic abilities. It is typically held in schools, colleges, and universities, as well as in some communities and organizations. Participants compete against each other to achieve the best time, distance or score in their respective events.

Sports Day is not only about physical competition but also about promoting teamwork, sportsmanship, and healthy living. It provides an opportunity for people to develop their physical and mental abilities, improve their fitness, and enhance their social skills through interactions with other participants. Sports Day is usually held annually, and it is a highly anticipated event for many individuals and groups. It is a great way to bring people together, promote physical fitness and healthy competition, and encourage individuals to strive for excellence in their athletic endeavours.

Sports day is typically organized to achieve the following objectives:

Promote Physical Fitness: Sports day encourages individuals to engage in physical activity and improve their fitness levels.

Enhance Team Spirit: Sports day provides an opportunity for individuals to work together as a team, develop a sense of camaraderie, and enhance their team spirit.

Develop Leadership and Organizational Skills: Sports day offers a platform for individuals to take up leadership roles and develop organizational skills.

Encourage Participation: Sports day encourages participation from individuals of all ages, backgrounds, and abilities.

Instil Values: Sports day helps inculcate values such as discipline, perseverance, determination, and sportsmanship among individuals.

Promote Overall Development: Sports day contributes to the overall development of an individual by enhancing physical, mental, and emotional well-being.

Formerly, we were oriented about the sports day programme. Later, on 30th December time was given for us to practice for the sport's events (including March-past) that was going to be held on Sports day. Indoor games like chess, carom, table tennis and outdoor games like telecoil, skipping, badminton, shot put, and throw ball were held on 14th January. Semi finale for all these events was held on 21th January and finale on 28th January.

The students of Royal College conducted the Sports event on 17th February 2023. The Opening ceremony of the Sports event started with a welcome speech followed by march-past, in which students of all the houses, dressed in their respective uniforms, marched around the field to the sound of drums and music. The chief guest for the event was our college principal, who was accompanied by other teachers. The Principal then addressed the students and wished them good luck, the beginning of the event was marked by the lighting of the torch by the CR and A.CR. Followed by Oath ceremony conducted by all the houses. The sports day had a wide range of events, including skipping, marble and spoon, race (40 m), relay (80 m) and tug-of-war. The students had been practicing for weeks leading up to the event, and their hard work paid off as they put up impressive performances in all the events.

The crowd jubilated in cheers as the students performed lezim. The winners were felicitated with medals and certificates. The sports day ended with a closing ceremony, in which the principal addressed the students and congratulated them on their performances, also thanked the students and teachers for their hard work in organizing the event. The programme ended with the National Anthem.

In conclusion, the event not only showcased the athletic abilities of the students but also fostered a sense of team spirit. It was a day that will be remembered by all those who participated and witnessed it.

The Sports day celebration organized by the students of F.Y.B.Ed. and S.Y.B.Ed. of 'Royal college of education and research for women' on February 17th, 2023, the post learning outcomes are as follows:

- 1. Inculcate true spirit of healthy competition:** Sports day inculcated the true spirit of healthy competition amongst all the participants and the non-participants. Thus, creating a healthy environment for all during the sports events.
- 2. Fitness development and identification of talent:** Sports helps in developing fitness so by actively participating in the events student's developed fitness and new talents were catered.
- 3. Sportsman ship:** Fairness, respect for one's opponent, and graciousness in winning or losing were things looked forward for. Resulting into success of the sports day.
- 4. Appreciation and motivation:** The address and appreciation of the principle, teacher's and peers helped the students to actively participate in all events.

Glimpses of the Event:

