

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

REPORT ON ANNUAL SPORTS DAY

DATE: 10/01/2026

VENUE: College Ground

TIME: 7:30 AM to 1.30 PM

NO. OF PARTICIPANTS: 29

OBJECTIVES:

- To encourage physical fitness and promote a healthy lifestyle among students.
- To develop teamwork, leadership qualities, and sportsmanship.
- To improve coordination, agility, and strategic thinking through different games.
- To motivate students to actively participate in both indoor and outdoor sports.
- To provide an enjoyable and refreshing break from academic work.

SKILLS DEVELOPMENT:

- Improved physical endurance, agility, and hand-eye coordination.
- Enhanced teamwork, strategic thinking, and decision-making skills.
- Fostered self-discipline, patience, and resilience.

COORDINATORS:

Asst. Prof. Dr. Jasvanti Adhangale

Asst. Prof .Ms. Manpreet Kaur

Reflection

Sports Day was successfully conducted, providing students with an opportunity to showcase their talents while promoting physical fitness and teamwork. The event helped in building confidence, discipline, and a spirit of sportsmanship among the students. It was well organized under the leadership of Miss Sadiya Khan and Miss Shahista Shaikh (In-charges), with the guidance of Jasvanti Ma'am and Manpreet Ma'am as coordinators. A variety of indoor and outdoor games were conducted, ensuring maximum participation and creating an atmosphere of enthusiasm and enjoyment. The programme concluded with prize distribution and appreciation of all participants.

Outdoor Games:

- **Obstacle Race** – Developing speed, balance, and confidence through physical challenges.
- **Relay Race** – Testing speed, coordination, and teamwork.
- **Marble and Spoon Race** – Enhancing balance and concentration.
- **Book Balance** – Focusing on posture and stability while walking with books on the head.
- **Kho-Kho** – A fast-paced team game requiring agility and quick thinking.
- **Tug of War** – Promoting strength and unity among teams.
-

Indoor games

- **Skipping**- Full-body exercise that offers numerous physical and mental health benefits.
- **Carrom**- Enhances mental, physical, and social development through a combination of strategic thinking and fine motor skill application.
- **Chess**- Increases IQ levels, improves spatial skills, and exercises both sides of the brain, fostering creativity and logical reasoning.
- **Dog and the Bone**- Enhances running speed, agility, and quick reaction times as students sprint to grab the object (the "bone").

Feedback of the Students:

Simran: The activities were well planned and reflected excellent enthusiasm and teamwork.

Rafat: I was highly impressed by the spirit of sportsmanship shown by all participants.

Huda: The organization and smooth conduct of the events were commendable, and everyone enjoyed the programme thoroughly.







ROYAL COLLEGE OF EDUCATION & RESEARCH FOR WOMEN

NAAC Accredited 'B++'

ORGANISES

SPORTS DAY



Date	Time
10 January 2026	7:30 am Onwards



**Venue :- Sports Ground, Royal College
Campus**

**Professor Incharge:-
Asst. Prof. Dr. Jasvanti Adhangale
Asst. Prof. Ms. Manpreet Kaur**

**Principal
Dr. Judy Grace Andrews**

ROYAL COLLEGE OF EDUCATION AND RESEARCH FOR WOMEN

SPORTS DAY 2025-26

WINNER LIST OF HOUSE

OUTDOOR GAMES

Game	Aromatic Air	Sparkling Water	Radiant Sky	Exotic Earth	Flaming Fire
Obstacles Race	2 nd – 2 pts			1 st - 3 pts	
Book Balance		1 st – 3 pts 3 rd – 1 pts	2 nd – 2 pts		
Marble and Spoon	1 st – 3 pts	2 nd – 2 pts 3 rd – 1 pts			
Relay Race	1 st – 3 pts	2 nd – 2 pts			
Three Legged Race		1 st – 3 pts			2 nd – 2 pts
Sub Total	8 pts	12 pts	2 pts	3 pts	2 pts

INDOOR GAMES

Game	Aromatic Air	Sparkling Water	Radiant Sky	Exotic Earth	Flaming Fire
Chess	2 nd – 2 pts			1 st – 3 pts	
Carrom		2 nd – 2 pts		1 st – 3 pts	
Dog And Bone		3 rd – 1 pts	1 st – 3 pts 2 nd – 2 pts		
Skipping	3 rd – 1 pts			1 st – 3 pts	2 nd – 2 pts
Sub Total	3pts	3 pts	5 pts	9 pts	2 pts

FINAL RESULT

House	Aromatic Air	Sparkling Water	Radiant Sky	Exotic Earth	Flaming Fire
Total	11 pts (3 rd Position)	15 pts. (1 st position)	7 pts	12 pts (2 nd Position)	4 pts

PROGRAMME COORDINATOR:-

Asst. Prof. Dr. Jasvanti Adhangale

Asst. Prof. Ms. Manpreet Kaur

Dr. Judy Grace Andrews

Principal