

Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision.

Games and sports have become an integral element of present day education. They teach them the qualities of discipline, sportsmanship, team spirit and leadership. They also enhance the physical and mental development of children.

School celebrated the Annual Sports Day on 04th Feb 2023 amidst a lot of fun and frolic.

The Sports programme began with the March Past followed by release of balloons. School Director R. S. Tanwar. This was followed by the Oath-taking ceremony. Students of Grades I to VII performed YOGA asanas to the tuneful chants of shloks. Thereafter, there were some fun races for Grades Pre-nursery, Nursery and Prep. These little shining stars also presented a Pom-pom Callisthenic drill, enchanting everyone with their rhythmical movements. There were some more races for the students of Grades I to VII, displaying their vigor and athletic talents.

The most exciting part of this happening day was the TUG-O-WAR. An Inter-House event that it was, it gave a chance to the Students to display their House-spirits.

In the end, the winners were awarded medals and certificates. Director in his address to the students laid emphasis on the need to participate. he said that it is not important to win. It is participation that makes all the difference.

















