



National Public School Kengeri, Bengaluru

REPORT ON SPORT'S DAY 2024



Sports- a physical activity, involving coordination of body and mind, and mental alertness, improves self-esteem and both physical and psychic health. It sharpens mind and inner strength. It also helps to develop leadership skills and equip with the ability to set goals and build character. Participating in sports can lead to higher self-esteem and better social interaction. Playing sports increases brain acuity and muscle strength. Our sense of self-confidence increases when we play sports frequently. We develop our perseverance, willpower, teamwork, and planning through athletics.

Annual Sports Day 2024, was organized by National Public-School, Kengeri, Bengaluru, for students of Grade 6 to 12, on 28th November 2024. This event commemorated sportsmanship spirit and camaraderie in children.

A formal welcome of the august gathering marked the beginning of the programme. The Student Council members escorted the dignitaries through the ceremonial 'Guard of Honour', which was followed by house inspection; an impressive march past by the students; coupled with a stirring band performance. The esteemed dignitaries ushered the spirit of the occasion and announced the open of the event by releasing balloons. The torch run was led by the torch bearer- sports captain, Vinay Nagaraj. He administered oath to uphold the spirit of sportsmanship, which was solemnly repeated by the leaders.

The Principal, Mrs. Geeta Dikshit, introduced the chief guest of the day, Ms. Rakshitha Raju, an International Para Olympic Athlete. The chief guest, addressing the students, told them not to allow others to criticise; and just rise up at the face of adversity. Her presence ignited the entire gathering, resonating a sense of purpose towards one's own life. The students put up a plethora of sports display, to captivate the attention of the audience.

"DISHA...Path Towards Excellence," was beautifully conceptualized showcasing the journey of athletes in pursuit of success. A mesmerizing Yoga display, showcasing flexibility, balance, and inner peace was demonstrated. The students of Grades 6 to 8 performed a stunning Pyramid formation, leaving the audience with a message 'Yoga for Life.'

Further, thrilling athletic events, including 50 m, 100m, and 100m x 4 relays pushed the students to their limits. A nail-biting 'Tug of War' competition, tested the mettle of the young athletes. Master Samarth A Jadav, Ms. Dhrishika Arjun and Ms. Disha Praveen were honoured as the best sportspersons of the year 2024.

The eventful Annual Sports Day was a testament to the abilities of the students. It was a celebration of physical excellence, teamwork, and sportsmanship.