

## “Through Tenacity to Triumph” 15th Annual Sports Day at Sat Paul Mittal School



Sat Paul Mittal School marks its commitment to the importance of sports in student life by celebrating 15th Annual Sports Day on 24th October, 2019. The school playground was replete with enthusiasm as the athletes gathered early in the morning for the Opening Assembly. The Chief Guest for the day was Dr. Rajoo Singh Chhina, Dean Academics, Dayanand Medical College and Hospital, Ludhiana.

The function started with the unfurling of the school flag by the Chief Guest. He further declared the 15th Annual Sports Meet Open. The opening ceremony started with the display of the school’s grit and discipline via March Past, in which students from all the senior classes participated. This was followed by an oath ceremony wherein the spirited Satyans led by the Sports Captain, took an oath pledging to put their best foot forward and not to resort to unfair means and be true to the spirit of honesty and sportsmanship.

The meet started with 50 mtr Flat Race for girls and boys followed by 100, 200 and 400 mtr Races. The cherubs of Class PV, Upvan and Class I took part in various racing events like Back Race, Dog & the Bone, Ring Race, etc. The students also took part in special fun races that got the crowd on their feet, cheering the winners. Apart from this, various other activities like Relay Races, Gymnastic Display, Taekwondo Display and Mass drills formed part of the activities of the day.



Not limited only to the students, the sporting events were also open to faculty, staff and parents as well. The enthusiasm of the participants was infectious and encouraging. The vast crowd in attendance was proof of the institute's dedication to all-round development of its students and the significance of becoming achievers in different fields.



The pique of the event was the announcement of the Cock House Trophy. Ravi House was declared as the Cock House. Satyans Shenaya Chadha of Class V-D and Krishiv Oswal of Class V-A were declared the Best Athletes in the Junior Wing. Satyans

Gursanjam Singh of Class VIII-C, Yatin Kumar of Class X-A and Aryan Sood of Class XII-B were declared the Best Athlete in Group A, B, C Boys category respectively. Satyans Vaasvi Singal of Class VII-A, Siya Trehan of Class X-D and Anusha of Class XI-B were declared the Best Athlete in Group A, B, C Girls category respectively.

The Satyans who brought laurels to the School at National, State and District Level were also honoured.

The event laid impetus on 'Student Empowerment through Student Engagement'. Under the Student Entrepreneurship Program, the Satyans along with the alumni put up stalls displaying diyas, cakes & cookies, snacks, recycled T-shirts just to name a few, the proceeds of which were given to charity.

The efforts of the participants were recognized and appreciated by the chief guest. Addressing the students, Dr. Rajoo Singh Chhina elucidated on the importance of finding time for physical activities and maintaining peak health besides unlocking one's intellectual and academic potential.

Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School congratulated the winners. She reiterated the message of developing physical strength in order to rise to any challenges life throws one's way.

The vote of thanks was proposed by Nipun Jain, Student Leader Boys.