



## 17<sup>th</sup> Annual Athletic Meet “Celebrating Athletic Prowess”



Sat Paul Mittal School, Ludhiana celebrated its much-awaited 17<sup>th</sup> Annual Athletic Meet on 27<sup>th</sup> October 2023. The Chief Guest, Ms Unnati Sharma, winner of National and International Championships in Judo, was escorted to the grounds by Shri Bipin Gupta, Vice-Chairman, Sat Paul Mittal School; Ms. Bhupinder Gogia, Principal, Sat Paul Mittal School; Heads and Deputy Heads of the school. Shri Bipin Gupta welcomed the dignitaries, the parents and the staff while asking the students to enjoy their day and gather memories for posterity. This was entailed by unfurling of the school flag and declaration of the Meet open by the Chief Guest. The event continued with a synchronised parade by the marching contingent of the four houses: Beas, Chenab, Ravi and Satluj, rendering the spectators speechless and awestruck.

The students took the Oath to abide by the true spirit of sportsmanship through the games. Satyans of classes II-XII presented an undaunted display of sports. The atmosphere was electric, and the energy was contagious, making it a memorable event for everyone involved. Satyans' performance in Yoga, Zumba, Dumble and Lazium drills was a study in augmented coordination. A lot of 'track and field' and 'throw' events were organized and some major track events were conducted in heats and the finals were conducted on the final day. The most adrenaline-pumping sights, relay races were the ultimate example of teamwork and coordination. Tug-of-War between the parents and the teachers received an overwhelming response and represented the strong bond among them. Participation of the Support Staff made the event even more special. The apex of the show was the announcement of the Cock House trophy. Sutlej House was declared as the Cock House. Ishita Goyal and Aradhak Kwatra were declared the Best Athlete in Group A, Samaira Aatlee and Trimaan Singh were declared the Best Athlete in Group B, Vasvi Singal and Pranvat Singh were declared the Best Athlete in Group C and Prisha Bharara and Abhirvay Ghai were declared the Best Athlete in Group D in Girls and Boys categories, respectively. The Chief Guest facilitated the winners of the various competitions held at National, State and District level. Cynosure of the day was Bhangra which was enjoyed by all.

The Chief Guest expressed her gratitude to be part of the 17<sup>th</sup> Annual Athletic Meet. While addressing the gathering, she mentioned that Sports teach one to win with grace and it also teaches one to lose with grace. She emphasised the importance of the coach and discipline that sports inculcate in the players in their daily life and the importance of having a healthy body and mind in today's stressful world. She wished all the students the best of luck and motivated them to have a healthy competition.

The vote of thanks was proposed by Mrs. Bhupinder Gogia, Principal, Sat Paul Mittal School. She laid emphasis on the need to imbibe qualities of discipline, sportsmanship spirit to be always successful in life. The National Anthem echoed through the still audience and the day drew to an end. What remained was the camaraderie and the solidarity which will forever be etched in the mind of the students.