

REPORT ON SPORTS DAY 2023



REPORT ON SPORTS DAY: 2023

DATE: 09.02.23 and 11.02.23

VENUE: Rizvi College of Education and Juhu Beach

For ages, sports has been viewed as a way to stay healthy and fit, but it goes beyond that. Today, sports are essential for students' overall growth and development. Playing sports helps us teach life skills such as teamwork, leadership, accountability, patience and self- confidence and prepares us too face life challenges.

DAY 1: INDOOR GAMES



As the FY's and SY's were divided in four different houses, the juniors merged with the seniors, and the indoor games began. Each student dressed in the hue of their respective house. Each game had its own set of instructions and time limit. Spoty

ma'am was in charge of skipping in the first half, while Gyan sir was in charge of chess and Priyanka ma'am was in charge of carrom.



We had to go play the next game as soon as we finished the previous one. Each game required at least 4 to 5 participants from each house to play. Sudoku and hula hoop came next, while carrom and chess lasted a long time. The professors were in charge of the scores.



After a short pause, the final rounds of each game were played, and the winners were announced. The final game of the day was, kick the ball, in which the majority of the students took part. There was also a distinct round for the boys, which included carrom and skipping. The green house won the most points in the indoor games, followed by the yellow house, the blue house, and finally the red house.

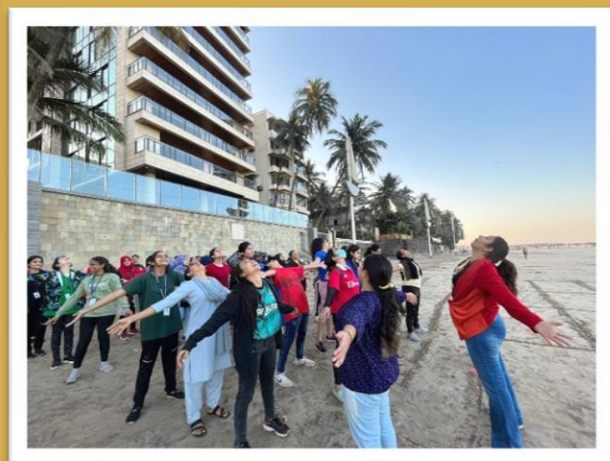


DAY 2: OUTDOOR GAMES

Outdoor games were held at Juhu Beach. We all arrived at 7:00 a.m. and started the day by warming up and doing some light workout. The first outdoor sport was a 50-meter girls' race with three rounds in which anybody may compete. The 100-meter race was

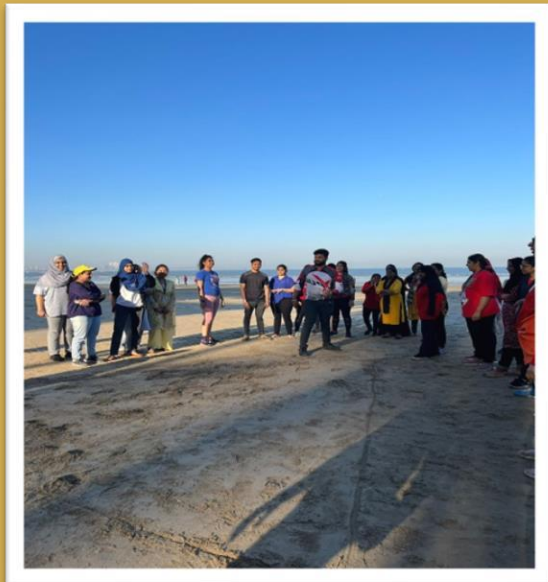


next, with back-and-forth running. There was also a potato and basket race, which was the most enjoyable and exciting.





The short put was followed by the lemon and spoon race. Each student enthusiastically engaged. Even though several of them fell, they did not give up and resumed their run, which was quite encouraging to watch. The three-legged race came next, which was a lot of fun to participate in. In the short put, the guys were fierce competitors.



The final game of the sports day, the tug of war, was the highlight. In the first round, team blue faced off against team green, while team yellow faced off against team red. In the first round, teams blue and red won, while teams yellow and green competed for third place, with team yellow coming out on top. At the end team green managed to score the maximum points and won the trophy.



While the first runner up was team yellow and they won a trophy too. The best male and female award went to Mr. Amit from SY and Ms. Tressy from SY as well.



**Rizvi Education Society's
RIZVI COLLEGE OF EDUCATION
ANNUAL SPORTS EVENTS – FEBRUARY, 2023**

Games	Red House	Blue House	Yellow House	Green House
Carrrom	5 - Somnath(S) 15 - Mahrukh(F)	-	15 - Amit(S) 10 - SakshiS(F) 5 - Afreen(F)	10 - Jansen(S)
Skipping	-	5 - Kumar(S) 15 - Anita(F)	15 - Amit(S)	10 - Jansen(S) 5 - Zoya(F) 10 - Deepshikha(S)
Chess	-	15 - Althiya(F) 10 - Mubashira(F)	10 - Amit (S)	5 -Tressy(S) 15 – Jansen(S)
Sudoku	10 - Muskaan(F) 5 - Susanna(S)	-	-	15 - Tressy(S)
Hula Hoop	-	-	10 - Janvi(S)	15 - Tressy(S)
Kick ball	5 - Somnath(S)	15 - Asiya(S)	15 - Amit(S) 5 - Gazala(S)	10 - Jansen(S) 10 - Jyoti(S)
Short Put	15 - Somnath(S) 5 - Humera(F)	10 - Kumar(10)	15 - Aafiya(F) 10 - Sakshi(F)	5 - Jansen(S)
50 meters Race	15 - Somnath(S)	10 - Kumar(S) 10 - Masira (F)	-	5 - Jansen(S) 15 - Sonali (F) 5 - Deepshikha(S)
100 meters Race	10 - Somnath	15 - Kumar(S)	5 - Amit(S)	5 - Jansen(S) 15 –Sr. Sanu (F) 10 - Sonali(F) 5 - Tressy(S)
Lemon & Spoon race	-	-	15 - Rukhsar(S)	10 - Zoya(F) 5 - Deepshikha(S)
3-Legged Race	-	-	-	15 - Shifa, Sufiya 10 – Zoha, Sana 5 – Tresy, Deep
Potato Race	10 – Susan(S)	5 – Masira(F)	-	15 – Sr.Sanu(F)
50m x 4 Relay Race	5- Susan,Muskan Sanjana,Nauseen	-	10- SakshiJ,Janvi Rukhsar, SakshiS	15 - Deep,Tresy Sonali, Sr.Sanu
Tug-Of- War	5	10	10	-
Total	105	120	140	230
Rank	Red House	III - Blue House	II -Yellow House	I - Green House
First	Female	Ms. Tressy Saldana		60pts.
First	Male	Mr. Amit Sote		70pts.

