



RIZVI EDUCATION SOCIETY'S
RIZVI COLLEGE OF EDUCATION

Affiliated to University of Mumbai NCTE Recognized Institute (Code No: 123005)

NAAC Accreditation - 'B+' Grade (1st Cycle)

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REPORT ON ANNUAL SPORTS DAY (2023-2024)

Date: 9th & 10th February 2024

Event: Indoor and Outdoor Sports Day

Participants: F.Y. B.Ed. and S.Y. B.Ed. Student Teachers

Introduction

Rizvi College of Education organized a two-day Indoor and Outdoor Sports Day for student teachers on 9th and 10th February 2024. The event proved to be an exhilarating and memorable occasion that fostered unity, teamwork, and sportsmanship among participants. With a vibrant atmosphere and healthy competitive spirit, the Sports Day featured a diverse range of indoor and outdoor games.

To encourage team spirit and organized participation, all student teachers were divided into four houses:

- Red House
- Green House
- Blue House
- Yellow House

Each student was required to participate in at least two games and submit their names to their respective House Captains, mentioning their preferred events.

Day 1 – Indoor Sports (9th February 2024)

Venue: College Premises

The Sports Day commenced with a college prayer followed by the National Anthem. Students assembled according to their respective house colours, creating a colourful and enthusiastic atmosphere.

After instructions were given regarding the rules and regulations of the games, the indoor competitions began. The games were conducted simultaneously in various classrooms and designated areas across the college campus.

Indoor Games Conducted:

- Carrom
- Chess
- Sudoku
- Skipping

- Hula Hoop
- Kickball

Students were divided into groups, and two rounds were conducted for each activity. The games tested participants' concentration, strategy, coordination, and physical agility. After a short break, Skipping, Hula Hoop, and Kickball competitions were held, adding excitement and enjoyment to the day.

The first day concluded successfully, leaving students enthusiastic and eagerly anticipating the outdoor sports events scheduled for the following day.



Day 2 – Outdoor Sports (10th February 2024)

Venue: Juhu Beach, Santacruz (West), Mumbai

The second day of the Sports Day was dedicated to outdoor sports. Participants gathered at Juhu Beach with great enthusiasm. The day began with a warm-up session to prepare students for the physical activities.

Outdoor Games Conducted:

- 50-Meter Race
- 100-Meter Race
- Three-Meter Race
- Lemon and Spoon Race
- 50m x 4 Relay Race
- Shot Put
- Three-Legged Race
- Potato Race
- Tug-of-War

The events began with the lively Potato Race, setting a cheerful tone for the day. The 50m x 4 Relay Race was particularly thrilling as participants exchanged batons with speed and coordination. The Lemon and Spoon Race tested balance and focus, while the sprint races showcased speed and stamina.

The Three-Legged Race encouraged teamwork and synchronization between partners. The final event, Tug-of-War, was the highlight of the day, conducted in two rounds to determine the winning house. The competition was intense and spirited, with students cheering passionately for their teams.

After calculating the total points from both indoor and outdoor events, the final results were announced:

- **1st Place – Green House**
- **2nd Place – Blue House**
- **3rd Place – Yellow House**
- **4th Place – Red House**

Green House emerged victorious and was declared the overall champion.

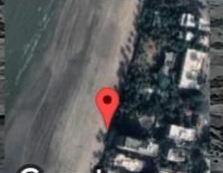
The Annual Sports Day 2024 was a grand success. The event not only provided a platform for students to display their athletic talents but also strengthened bonds of friendship, unity, and cooperation among student teachers.

Beyond trophies and medals, the day emphasized values such as discipline, perseverance, teamwork, and sportsmanship. The shared experiences and memories created during these two days will remain cherished by all participants.

The Sports Day truly served as a refreshing break from regular academic activities and reinforced the importance of physical fitness and holistic development in teacher education.



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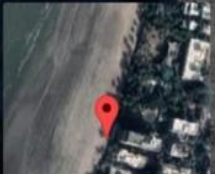
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