

## National Sports Day celebration @SBPS

To commemorate the birth anniversary of Major Dhyan Chand, a legendary hockey player, National Sports Day was celebrated at Sarala Birla Public School on 29<sup>th</sup> August, 2019. Various activities were conducted to mark the occasion. A special assembly was organised with the aim of instilling a sense of respect towards sports in the minds of young children as well as to develop team spirit, leadership and sportsmanship qualities. Different yoga asanas and PT exercises were performed by the students. An inter- class volleyball match was organised between the students of grade XI and XII in which grade XI was declared as the winner.

In addition, the students also viewed the launch function of the 'Fit India' movement by the honorable Prime Minister and took the fitness pledge. He said that "Fitness is not just a word, it is a key requirement of a healthy and happy life."

School Head Personnel & Admin. Mr. Pradip Varma said that sports help us to be physically and mentally active. It also boosts confidence among students and so it should be made an integral part of our life.

Principal Mrs. Paramjit Kaur said that National Sports day is not only a tribute to one of the greatest players but also reminds us about the importance of sports in our life. Sports should be a part of our daily routine, as it acts like a stress buster which further helps to develop a positive energy, she added.



