

ANNUAL SPORTS DAY 2023-24

Annual sports day events were divided into pre events and events that were held on sports day itself. For pre events we had handball, control cricket, volleyball (Girls), Volleyball (men's) 3000m run, basketball , chess, long jump . On the sports day we had many events that you can see on your screen.

The much-awaited Sports Day at our college kicked off with an electrifying atmosphere as athletes assembled for the grand event. The day began with an inspiring assembly of athletes, setting the tone for a day filled with competition, and sportsmanship. The highlight of the day was the arrival of the chief guest, Ms. Katya Coelho, an Indian professional wind surfer who has brought pride to the nation with her achievements. The college flag was unfurled amidst cheers, followed by the stirring college anthem.

The torch was then lit, symbolizing the spirit of sportsmanship. The march past was led by Melissa Solomon and Tabreez Khan, showcasing discipline and unity among the athletes. The oath-taking ceremony further emphasized the commitment of all participants to fair play and competition.

Dr. Neena Panandikar, the college principal, introduced the esteemed chief guest, Ms. Katya Coelho. The chief guest addressed the audience, sharing her experiences and insights, motivating the athletes to strive for excellence.

The events of the day included various track and field competitions such as 100m, 200m, 400m, 4*100m, and 4*200m for both men and women. Additionally, an obstacle race involving all college departments showcased not just speed but agility and teamwork.

The 'Fittest Man and Woman' competitions added an extra layer of excitement, promoting overall fitness and wellness among participants. The day also featured a lively Zumba session led by Rahul Singh, infusing energy into the atmosphere

As the day concluded, the prize distribution ceremony recognized outstanding performances across various events. Clifford Britto, the sports officer, delivered a heartfelt vote of thanks to everyone involved, expressing gratitude for the successful execution of Sports Day. The lowering of the college flag accompanied by the national anthem marked the end of a thrilling and

memorable Sports Day, celebrating the spirit of athleticism, sportsmanship, and unity within the college community.