

SPORTS COMPETITION

We all know that "Health is Wealth". So if you want to maintain your fitness, sports is the best medium for this. Various types of games up the muscles, improve blood and limb circulation, improve the strength of the heart. They ventilate the lungs and stimulate the appetite. Playing promotes the elimination of body wastes via kidney and skin. It keeps one fit.

So our school "Shri Sainath Convent " also celebrated sports day in the school. On 18th December 2013, we organized many types of sports events such as running, slow cycling, frog race, eating jallibi , finding chocolates , go to school, skipping rope, three legged race, two legged race, blowing balloons, Sack race, joker race etc.

On the day of sports our special guests were Prof. Mohan Gaikwad, secretary of Gaikwad-Patil Group of institutions, President of Gaikwad Patil Group of Institutions Prof.Sharad patil. We started our sports ceremony by lighting the traditional lamp and our school leaders took a round of the school sports field. Then we started our program. Students participated in all the events and they did their best.

Before starting the events our guests told us the importance of sports and they congratulated us for the beautiful program. This is the way that we celebrate our " Sports Day".

So remember always that the aim of sports is to promote harmonious development of the complete body and to help and co-operate with one another.