

# *SPORTS DAY-2024*

Sports Day is a vibrant celebration of athleticism, teamwork, and unbridled enthusiasm. The air is charged with the spirit of competition as athletes showcase their prowess in a kaleidoscope of events. Beyond the competitive edge, Sports Day fosters a sense of camaraderie, where participants forge bonds that extend beyond the track. The palpable energy and the collective pride make Sports Day a spectacle that transcends mere athleticism. It's a celebration of human potential, unity, and the sheer joy of pushing one's limits.

Which day can be more enthralling in an academic calendar than the one dedicated to sports and games? Promoting athleticism and teamwork, CMS college of Education organised the Athletic Meet on the 8 of February 2024, fostering in its student teachers a sense of companionship and unity. The expansive playground at CMS served as the venue for the day's event.

The sports day featured a diverse range of events, including track and field, team sports, and individual challenges. The highlight of the event was undoubtedly the track events, where athletes showcased their speed, agility, and endurance. The 100-meter sprint witnessed a nail-biting finish, clinching victory by the slimmest of margins. In the Javelin throw every participants impressed spectators with a remarkable throw that shattered every previous record. A carnival is akin to a vibrant extravaganza, brimming with merriment. It serves as a unifying force, building connections between individuals and fostering the creation of cherished memories.

The first event of this auspicious day kicked off with the Shot Put. The shot put is a track and field event involving "putting" a heavy spherical ball—the shot—as far as possible. The shot put event showcased incredible strength and technique as participants propelled heavy metal balls to impressive distances. The athletes from first years and second years competed with great stamina and vigour, trying to one up each other. This was followed by the next event, Discus Throw, an event in which the participant throws a heavy disc, called discus, into a throwing sector for a distance. The throws left the spectators speechless with their phenomenal display in the discus throw, effortlessly propelling the discus to remarkable distances. Several athletes stood out for their exceptional performances. The next event was Long Jump, where every Student teacher who participated, exhibited remarkable skill and determination, effortlessly clearing heights that left onlookers in awe. In the javelin throw, the participants demonstrated impeccable technique and unleashed a throw that sailed through the air with incredible precision.

Then the much awaited track and field events started. Many new records were made in 1200 meters, 100 meters, 200 meters and 4\*100 meters relay. The track and field events captivated spectators with their display of speed, agility, and strength. The 100-meter sprint witnessed a thrilling showdown, with athletes pushing their limits to cross the finish line in record time. The team events were fiercely contested, with participants displaying exceptional teamwork and strategic prowess. The winners for every event were selected.

The sports day was a resounding success, celebrating the spirit of competition, camaraderie, and personal growth. It provided a platform for Student teachers to showcase their talent, break records, and inspire others with their achievements. The event left a lasting impression on participants and spectators alike, reminding everyone of the power of sports to bring people together and foster a sense of unity. With its electrifying atmosphere and unforgettable moments, the sports day marked a truly memorable occasion in the annals of sports history. At the end of the day, students departed with a clear smile on their faces. It was a day filled with sportsmanship, enthusiasm, and memories to cherish. Our Principal Dr. M. Leonard Ashok thanked all the teachers for their co-operation and support, and advised the students to keep up their Sportsmanship.



