

NKT NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

ANNUAL SPORTS DAY 2019-2020

6th March 2020



The Annual Sports Day was conducted for the student-teachers to showcase their sporting abilities

Sports develop a sense of friendliness among people who play and tap their team spirit. It gives them mental and physical toughness to face the hurdles of life. Sports gives physical strength to one's body and makes it strong and active. In addition, sports improve the blood circulation of people who play and enhances their physical well-being. In fact, playing sports helps students relax and reduce their anxiety.

The Annual Sports Day of the College was celebrated in great grandeur on 6th March 2020 to create sportsmanship among students, faculty members and non-teaching staff. The event was flagged by the Principal of the College, Dr. S. Chamundeswari, and she welcomed the Chief Guest of the event, Mrs. V. Gowrilakshmi, Principal, Chinmaya Vidyalaya, Anna Nagar, Chennai and all guests and participants in the ground.

The programme started with the with a march past presented by the students of all the four houses, the Red House, Blue House, Yellow House and the Green House. The Sports Secretary, R. Sowndharya Meenakshi, took the oath and the events started. The events were conducted very meticulously with great pomp and there was a lot of excitement among the participants and the guests assembled at the ground. Aerobics and Pyramid Formation stealed the show along with Lazim.

The Overall Championship First Place was bagged by the Blue House bagged followed by the Red House, which took the Second Place.

L. Delphine Josephine Meera, of Mathematics pedagogy got the Individual Championship.

The Sprts Day came to a closure with Prize Distribution followed by the Chief Guest Address and Vote of Thanks.