



# KENDRIYA VIDYALAYA NO.1 AFS TAMBARAM



एतत् सर्वं धूमन्तु सभायुषु  
केन्द्रीय विद्यालय संगठन

## Online National Sports Day Celebration 29 August 2020



It is said that the officials of Netherlands broke his hockey stick to check whether there was a magnet inside his hockey or not



Janani.T.S  
Class: 8-B

Date: 29/08/2020  
Time:- 10:00 am to 11:00 am  
Venue:- Youtube Stream  
Link will be shared on Through Website and Whatsapp.

### IMPORTANCE OF SPORTS IN SCHOOL



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**STAY HEALTHY**  
 Sports help students to stay healthy. If students do daily physical activities, then it helps them to avoid unwanted illness. Sports help students to increase cardiovascular fitness.
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**GOOD FITNESS LEVEL**  
 Sports activities avoid the formation of excess fat, and students stay fit and slim. Daily sports activities help students to maintain a good fitness level.
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**DEVELOP LEADERSHIP SKILLS**  
 In sports activities, students not only play the role of team players but sometimes they also have to play the role of leader helps them to become good decision-makers.
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**POSITIVE MENTORING**  
 Positive mentoring also allows students to develop a positive mindset. But don't feel upset when you lose any game, respect the Authority's decision.
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**BOOST EMOTIONAL FITNESS**  
 The physical activities help students to refresh their minds. Sports also help students to stay cheerful and emotionally fit by reducing stress and mental depression.
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**DEVELOP SOCIAL LIFE**  
 Sports also develop the social life of students. Interaction with senior students and coaches encourages them and helps to face everything with a happy face.
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**DEVELOP DISCIPLINE**  
 Sports activities establish the qualities of discipline which help in every field of life. The sports activities teach the physical, mental and tactical training to students.
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**BETTER PERFORMANCE**  
 The sports activities can also help students to perform better in academics. The daily physical activities help students to improve their memory and refresh their minds.
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**DEVELOP SELF-ESTEEM**  
 Sports activities can help students to develop self-confidence and self-esteem. Even small things in sports can enhance the student's self-esteem.
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**DEVELOP COOPERATION**  
 Students participating in any sports, need good teamwork to win. Students learn how to cooperate & compliment each other skills.



## Offline Activities/ Events

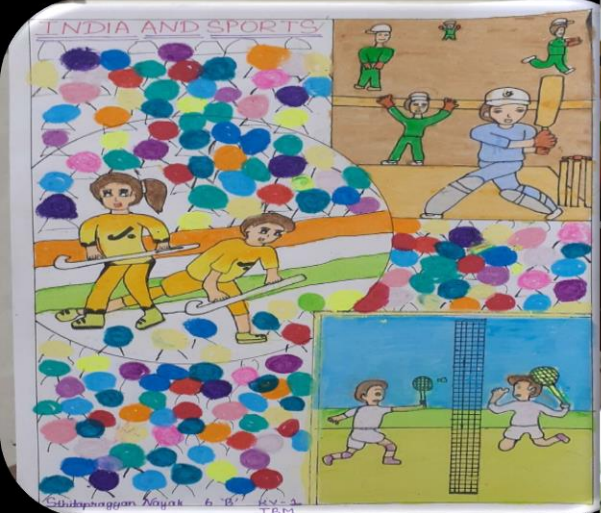
Quiz competition:- 28/08/2020, 9:00am to 10:00 am -Mrs. Deeksha, Ms Shweta, Mr. Hariom  
Poster Making:- 26/08/2020- 27/08/2020. -Ms. Deepshikha, TGT AE  
E-brochure:- Kunal singh (2019-2020 Batch)

Schedule for the day:-29/08/2020

1. Lamp Lighting
2. Saraswati Vandana - Ms. Upasana, PRT Music.
3. Speech on Hockey Wizard Major Dhyanchand- Mrs. Kiran Chauhan, PGT CS
4. Speech on Importance of sports and games- Mrs Syriac Mary, Principal.
5. Speech on Importance of sports and games- Mrs. P. Malarvizhi, Vice Principal.
6. Speech on Inspiration for sports and games- Mr. Vikash kumar  
(National medalist, Professional archery player)
7. A Talk on Fitness & Wellness through sports (English)- Mr. KV Srinivasan,  
PGT Physics.
8. A Talk on Fitness & Wellness through sports (Hindi)- Mr. B.S. Yadav, TGT  
Hindi.
9. Speech on Covid19-Fitness at home a feedback- Ms. Himayaval
10. Short Film- Ayush, XII-C,Chaitanya, XII-C,Saksham, XII-C
11. Announcement of winners of Quiz Competition. - Mrs. Deeksha, TGT Maths
12. Announcement of winners of Poster Making Competition.

Anchoring:- Anshu, XII-C  
Harsh, XII-C

Program Coordinator:-  
Kiran Chauhan  
PGT CS





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Imayaval VII represented India in Asian Silambattam in Malaysia



In the Auspices South Asian Silambam Federation -

