

InterSchool Sports Event – La Sante @75 Azadi ka Amrut Mahotsav

Sports and Games are an integral part of our lives and have become a way of life for a healthy and fit India. Sports play a pivotal role in the makeup of a young athlete. It is through sports that young impressionable children learn values like discipline, responsibility, self-confidence, sacrifice and accountability and to remain fit.

To kindle the spirit of ‘Khelega India’ and enhance India’s global fitness index as we celebrate 75 glorious years of our Independence, N.C. Jindal Public School organized an Interschool Virtual Sports Fiesta – La Sante’ @75 Azadi ka Amrut Mahotsav in February 2022. The competition was open for students from class-I to Class-VIII in 5 different categories, viz; Aeroance@Nextmove, Flam ‘O’ Keepie Ups, Poise @ Prolonge, Yoga Finesse and Calisthenia. 22 schools across India sent their entries of videos of students of class I and class II in Event No.1 - Aeroance @ Nextmove (Aerobics Dance). 18 schools across India sent their entries of students performing Flamingo Balance and Balloon Juggling with Legs, from Classes III and IV in event No.2 – Flam ‘O’ Keepie Ups. 15 Schools across India and abroad sent their video logs of participants of Class 5 performing Skipping rope and Sprawl in Event No.3 –Poise @ Prolonge. 27 schools across India and abroad participated in Event No.4 – Yoga Finesse meant for Class VI wherein Suryanamaskar was to be performed. In Event No.5 – Calisthenia, a total of 30 schools of National and International repute participated by submitting video logs of students of class VII and class VIII executing the prescribed Circuit Training Plan. The participants prepared zealously to excel in their respective events and their performance was commendable. Their fitness, vivacity and brilliance was displayed fully in their virtual performances.

The winners were acknowledged with e-certificates and participation certificates were awarded to all the candidates. By organizing such competitions, improvement of fitness parameters like strength, agility, balance, coordination and speed can be developed amongst students. The Jury appreciated the efforts and energy of the students and wished them luck.

In the words of Louis Zamperini, “*That’s one thing you learn in Sports, you don’t give up, you fight to finish!*”

