

Maharaja Surajmal Institute of Technology

ANNUAL SPORTS MEET 2024

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Sports Day is a pivotal event, igniting a passion for physical activity while nurturing essential life skills in students. It encourages physical fitness, promotes teamwork, and fosters healthy competition, creating a vibrant space for personal growth and camaraderie. Through participation in diverse sports, children explore their potential, stepping outside their comfort zones. This fosters grit and resilience, lessons that transcend the playing field and empower them to navigate life's challenges. The emphasis on exercise underscores its critical role in maintaining a healthy body and vibrant mind, ensuring the smooth functioning of all organs, and building a strong foundation for well-being. However, Sports Day's influence goes beyond the physical. It serves as a training ground for vital life skills. By collaborating on team sports, students learn the power of teamwork, honing their ability to cooperate and achieve shared goals. This instils a sense of unity, fostering a spirit of collective achievement that benefits them in every aspect of life, from academics to their personal lives. In essence, Sports Day is an event worthy of celebration and continued promotion in schools. It offers a fun and engaging platform for children to learn valuable lessons, encouraging activity and instilling healthy habits. It equips them with the tools to lead fulfilling lives, both physically and mentally.

With this vision in mind, **Annual Sports meet for 2023 – 24 session was organized on 29 January, 2024 and 30 January 2024** at college sports ground in collaboration with NSS cell of MSIT. This event aimed to motivate students to step outside their comfort zones and actively participate in a diverse range of activities. The event pulsated with energy and fostered a spirit of community, leaving a lasting impact on everyone involved. The annual sports meet started by welcoming **Sh. Rohit Kumar Chillar** (Indian Kabaddi Player) followed by Chief Guest, **Sh. Kaptan Singh Ji** (President Surajmal Memorial Education Society), **Sh. Raj Pal Solanki Ji**, (Treasurer SMES) and **Sh. S.S. Solanki Ji**, Chairman LADC, SMES.

SPORTS IN THE EVENT

The day began with the hoisting of flag by the chief guest. The Chief Guest lighted the torch which resembles the true spirit of sportsmanship, after torch lighting. The lineup of the sports activities is as follows:

- March Past
- 800m sprint(Men and Women)
- 200m sprint(Men and Women)
- 400m Sprint(Women)
- 100m sprint(Men and Women)
- 4X200m Relay (Men and Women)
- Tug-of-War (Men and Women)
- Discus Throw (Men and Women)
- Shot put (Men and Women)
- Javelin Throw (Men and Women)
- Various events for Faculty and Staff



DURING THE EVENT:

The student of MSIT showed their true sportsmanship and participated in maximum numbers. The Annual Sports Meet kicked off with a vibrant display of unity and spirit: the march past. Students from all corners of MSIT and MSI united under their departmental flags and paraded with discipline and precision. Each flag bearer, proudly representing their peers, embodied the essence of teamwork and a commitment to a common goal. The synchronized steps and unwavering focus resonated with a message of systematic dedication, setting the stage for a day of spirited competition and camaraderie. Followed by Maharaja Surajmal Institute of Technology official declaration of meet open by the chief guest by releasing the tri-colored balloons in the sky.



The event was conducted on a large scale and students from MSIT campuse volunteered for a variety of activities. All the tracks and gaming itineraries were prepared and tested beforehand to ensure the event was a huge success.

Later the winners of various sports were rewarded during the prize distribution ceremony.



After the successful completion of the march past event, the activities began. **800 meters (Final)** was the initial game of our annual sports day festival. It was the longest race in terms of meters and the most laborious one. Still, the participants gave their hundred percent. The first boys' race was held, followed by girls' race. Six lanes were designated for the runners to run on. To encourage the runners, the crowd gathered on the ground.

After the 800-meter race was over, the next competition was the **shot put**. The shot put is a track and field competition where one throws a heavy spherical ball known as a shot as far as they can using only one arm in a pushing motion. A separate track was made for this purpose in our college ground for this game, after the game was completed in both the categories, winners were announced.



100-meter (Heat) game, which was a kind of semifinal, can be referred to as the smaller counterpart of the first game. The race's top three runners advanced to the finals. It was also conducted for both boys and girls.

After the first three events were completed successfully, it was time for the most popular event, **the javelin throw**, which acquired popularity after Neeraj Chopra won the gold medal in this game. The javelin throw is a track and field competition in which competitors attempt to throw a 2.5-meter spear as far as they can. The javelin thrower picks up speed by sprinting in a designated location. It was also open to both boys and girls.

The next game was the **200-meter heat race**. In this game, sprinters compete to cover the distance as quickly as possible. It's a fast-paced event, often requiring a combination of

speed and endurance. Runners usually aim to secure a good position in their heat to advance to the next round or final, depending on the competition format.



After the break **4x200 meters relay** was conducted. Teams compete in heat to qualify for the final. The heat determines which teams advance based on their race times. The final features the fastest qualifying teams and they race to determine the ultimate winner of the relay event. Each runner covers 100 meters before passing the baton to the next team member.

Next in a **400-meter race**, athletes typically compete in heats to qualify for the final. The race demands a balance of sprinting speed and endurance due to its longer distance compared to shorter sprints. The final is where the top qualifiers from the heats compete for the ultimate victory.

After that, **200-meter (Final) race** was held. The 200-meter final is a thrilling sprint in track and field, known for its speed and explosive bursts of energy. Athletes aim to cover the distance in the shortest time possible, showcasing their acceleration and top-end speed.



So, after the finals of the 200 m relay race, the final round of the **Discus throw** was conducted. The discus throw is a track and field sport in which the participant athlete throws an oblate spheroid weight- called a discus in an attempt to mark a farther distance than other competitors. It was a fun event. The participants, the audience, and the judges all enjoyed the event a lot. Students from all the courses participated in this activity but only a few were selected for the final round.

After the final match of the discus throw, the final match of **the 100-meter race** was conducted. First, the final match for girls was conducted then the final match for boys was conducted. The event was well managed by the coordination and discipline team. The audience gathered in huge numbers around the tracks for the cheering of the participants.

The final of **Tug of War** was conducted by the organisers. The enthusiasm shown by the participants as well as the audience during this event was incomparable to any other event. Everyone was cheering for their respective teams. In the tug of war, there were 12 members on each side. Tug of war is a contest in which two teams pull at opposite ends of a rope until one drags the other over a Central line. Each team has a mix of girls and boys. There's no separate team for them. The event was full of shouts, appreciation, joy, and enthusiasm. At the end, the judges announced the result of each activity. The winners were provided with certificates and medals. Participants and teachers were also provided with refreshments in between. The two-day event was a huge success. Everyone participated actively either directly in the competitions or managing or coordinating the events.



CONCLUSION

In conclusion, the Sports Day was a definite success, displaying the spirit of camaraderie, athleticism, and sportsmanship among participants. The event not only provided a platform for students to exhibit their physical prowess but also fostered a sense of unity and healthy

competition within the school community. The cheers, laughter, and enthusiastic participation demonstrated the positive impact of sports on overall well-being and teamwork.

The hard work and dedication put forth by both participants and organizers were evident throughout the day, creating memorable moments that will be cherished by all involved. Sports Day not only celebrated athleticism but also highlighted the importance of fair play, perseverance, and collaboration. As we reflect on the day's events, it is clear that sports play a crucial role in promoting a healthy lifestyle, building character, and instilling values that extend beyond the playing field.

Finally, the success of Sports Day was not just measured by the medals won or records broken but by the collective joy, sportsmanship, and sense of achievement felt by everyone involved. It served as a reminder of the power of sports to bring people together, inspire personal growth, and create lasting memories. The event undoubtedly left a positive impact on the student community, encouraging a continued commitment to an active and healthy lifestyle.

Sports Team, MSIT