

“Victory is in the quality of competition and not in the final score.”





Glorifying the above saying, **India International School** organized its most highly awaited annual program- The Annual Sports Day on 31 January, 2019, a day filled with fervor and excitement experienced amidst thrills, shills and cheers. The grandeur of this event was truly unmatched and became a spectacle to behold for all those witnessing it. The Chief Guest of the day was Mr. Sujit Kumar, the Olympian Hockey Player and the Guest of Honor was Ms. Sapna Punia, the internationally acclaimed Athlete from Rajasthan who was given a warm floral welcome by the school Director, Dr. Ashok Gupta and School Principal, Ms. Mala Agnihotri.

The program began on a high note with Flag Hoisting and a well organized Inter-House March Past, a highly competitive event where the five houses eyed for the first place followed by the IIS band that further kept the audience enthralled with its performance.

Subsequently, the Sports Captain Ms. Aditi Sharma carried the Athletic Torch which was in turn handed over to other awardees who ran across 400m track to light the Cauldron to kick start the event. This was succeeded by the Sports oath by all the participants. Thereafter, the Sports Meet was declared open by the Chief Guest as a ceremonial opening.

Next on schedule, the young enthusiastic IISians gave an enchanting Yoga performance which began with chanting of the healing '*mantra*'- OM and was succeeded by '*Suryanamaskar*' and various Yoga '*Aasans*' and postures. Martial Arts- a way of self defense, sports & fitness followed Yoga with a showcasing of '*Muay Thai Boxing*' and '*Krav Maga*'- military self defence art by the students under the guidance of the International Gold medalist and President awardee Richa Gaur and her team.

Sports day is a platform to showcase the talent and efforts put in by the children to make it a successful event. Sports at primary level are not about competition. It is about having fun, being physically active, and learning the basics of sports and building co-ordination and motor-skills. So, next came up the little petals of IIS from classes 1 to 5 of the CBSE as well as International wing with their races. Class 1 races included Jalebi Race, Hopping Race, Banana Race, Babon Race, and Shoe Tie Race.

Class 2 students participated in Book Balancing Race, Frog Race, Duck Race, Obstacle Race and Lemon-Spoon Race. 50 mts Sprint Race was run by the students of class 3 whereas class 4th and students competed to win the 4x100 mts Relay Race. Class 5th students ran both for 4x100 mts. relay as well as 50 mts Sprint Race. These races gave the little angels an opportunity to display their self-confidence, patience, zeal and sportsmanship.

True sportsmanship and competition also saw a height when Junior as well as senior girls & boys ran in 100, 200, 400mt races and 4x100 mt. relay race to grab the positions. Another highlight of the day was the basketball Dribble, an art displayed by young talent of IIS in 15 different ways creating an IIS formation.

Then the students of the CBSE wing as well as International wing dazzled the audience with their Zumba aerobic performances, so beautifully displayed by the zestful IISians. It was a treat for the eyes as this performance gave a glimpse of a healthy and fit world

This was followed by declaring the Sports Meet close by the Chief Guest and presentation of a memento to the Chief Guest and the Guest of Honor by the Principal ms Mala Agnihotri.

Students departed with a clear smile on their faces as the Orchids House emerged as House Champion. They proved that talent wins games, but team-work and intelligence wins championships. It was a day filled with sportsmanship, enthusiasm and memories to cherish. The event closed with the singing of National Anthem. The gathering dispersed after witnessing the talent that every IISian excels in that would give people reasons to return for the Annual Sports Day the next year as well.