

Annual Sports Day: 19/5/2023



I Basic Details

Date, Time	Faculty	Department/Committee	Co-ordinator name
May 19, 2023	Arts	Education	Dr. Cerena D'Cunha
	Venue	Activity for Class/Group with Total Number of Attendees	Nature
	St. Teresa's Ground	FY B.Ed students (45)	Outdoor
Names of Staff Members who supported			Names of Students who Supported
Dr. Joan Lopes			Bridgel Dunbar, Helen Miranda, Sancia Andrades, Uriah Barboza and Shania D'silva. .

II Brief Information about the Activity

Topic/Subject of the Activity	'Annual Sports Day 2022-2023'
Objectives for conducting Activity	<p>To enhance students' physical abilities and motor skills.</p> <p>To ensure holistic development of the trainee teachers so that they can enthusiastically implement the same in the schools in future.</p> <p>To break the monotonous and rigid life of the students.</p>
Methodology	<p>It was made mandatory for all the students to participate in at least one sport activity out of the following events: three-legged race, potato race, needle and thread race, book balancing race and lemon and spoon race</p> <p>The participants were allowed to take part in a maximum of three activities keeping in mind the scorching heat so as not to exhaust them.</p>
Outcome	<p>All the participants took active part in all the activities and each race had three winners except the three-legged race which had two winning teams.</p> <p>The event boosted the energy and stamina of the students and reminded them of the need for regular exercise for a healthy life.</p>

III Proofs Attached

2022-23 List of Winners

THREE LEGGED RACE

FIRST PRIZE	SECOND PRIZE
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POTATO RACE

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
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NEEDLE AND THREAD RACE

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
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BOOK BALANCING RACE

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
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LEMON AND SPOON RACE

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE
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