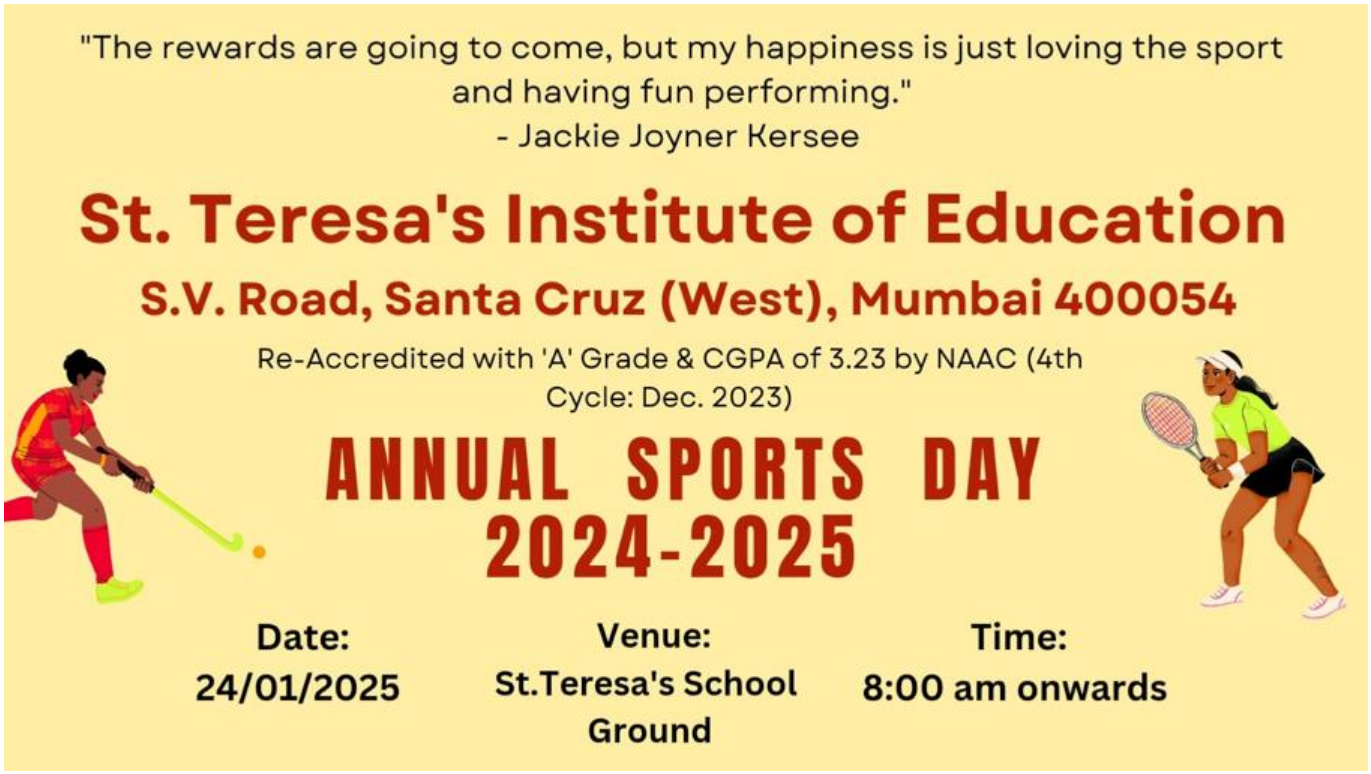
ANNUAL SPORTS DAY: 24/01/2025



I. BASIC DETAILS

Date	Faculty	Department/ Committee	Co-Ordinator name
24th January 2025	Arts	Education	Dr. Cerena Dcuhna
Time	Venue	Activity for Class/Group with Total Number of Attendees	Nature
8 AM to 10 AM	St. Teresa's Ground	F.Y B.Ed. – 46 students	Outdoor
Names of Staff Members who supported			Names of Students who supported
Sr. Cheryl			Keerthana Arokia Ann Maria Philip

II. BRIEF INFORMATION ABOUT THE ACTIVITY

Topic/Subject of the Activity	**ANNUAL SPORTS DAY**
Objectives for conducting Activity	i. To promote physical fitness, active lifestyles, and a positive attitude towards sports among student-teachers. ii. To provide opportunities for student-teachers to develop important life skills such as teamwork, discipline, perseverance, sportsmanship, and leadership. iii. To encourage holistic development by emphasizing the importance of physical, mental, and emotional well-being.
Methodology	i. Student-teachers were encouraged to participate in a minimum of three sports activities from among events such as the Lemon and Spoon Race, Potato Race, Three-Legged Race, Book Balance, Needle and Thread Race, and other recreational events. ii. Participants were given the opportunity to register for the sports events of their choice. iii. The sports events were conducted according to a planned schedule, and participants took part in their respective events under the guidance of the organizing committee.
Outcome	i. Student-teachers actively participated in the various sports and recreational activities. ii. The Sports Day fostered a spirit of enthusiasm, teamwork, discipline, and healthy competition among the student-teachers. iii. The activity contributed to the development of a culture of health, fitness, sportsmanship, and excellence within the institution.

III. PROOFS ATTACHED







Giselle D'souza

Prof. Dr. Giselle D'souza
Principal In-charge
St. Teresa's Institute of Education
Santacruz West, Mumbai – 400054

ST. TERESA'S INSTITUTE OF EDUCATION
MUMBAI-54