**PRESS RELEASE OF SPORTS DAY**

**JUNIOR SCHOOL**

The school playground of Shivalik Public School, Mohali was filled with great zeal, excitement and frolicsome atmosphere as the Primary School celebrated its Annual Sports Day. Almost 500 Students of the Primary School participated in the Sports day events. All students especially the participants were really excited about the event. Shri. D.S. Bedi, esteemed Director of the school, Dr. (Mrs.)Anupkiran Kaur, honourable Principal and Dr. (Mrs.) Jyoti Soni, Principal, Shivalik Institute Of Education And Research, Mohali graced the occasion with their presence. The celebrations began with the symbolic lighting of the sports torch, flag hoisting followed by march past by the students of class V along with oath taking ceremony.

The events enthused everyone with the spirit of sportsmanship and unity. The students displayed a wide array of colourful and fancy drills including Dumb bells, lazium, hoola hoops and aerobics. Yoga asanas were also performed by nearly 100 students. The students mesmerized the audience with their energetic performances. Sports events such as 100m race, 50m race, lemon race, hurdle race etc. were held. There was a fun Musical Chairs activity in which the teachers of the school participated. All the students exhibited strength, teamwork and determination. The event concluded with the medal ceremony , where outstanding athletes were recognized and awarded for their achievements. The Principal, Dr.(Mrs.) Anupkiran Kaur congratulated and appreciated the efforts of the participants and advised the students to make exercise / sports, a regular feature of their daily routine. 