

## Press Release

### Shivalik Public School celebrates Annual Sports Day 2023

Shivalik Public School, Phase-6, Mohali, held its Annual Sports meet on 19th December 2023, bringing together students and faculty for a day of athletic prowess, camaraderie spirited competition.

The event commenced with an inspiring opening ceremony, featuring a Grand March Past by the Shivalikians. Mr.D.S. Bedi, esteemed Director of the school graced the occasion with his presence.



Dr. Anupkiran Kaur, honourable Principal handed over the Sports torch to the Sports Captain, Avni Saini which was further passed on to the sports stars of the school. The Director of the school Dr. D.S. Bedi expressed gratitude for overwhelming support from the parents and the dedication of the students and the staff.

The Sports Day unfolded a variety of track and field events showcasing the athletic prowess of the students across different age groups. From the thrilling Aerobics and Lazium to the strategic Pyramid and Yoga. Some of the zealous events like Zig-Zag race, Shuttle race, Skipping race etc were also conducted. There was a fun Musical Chairs activity in which the teachers of the school participated. The complete Sports event was an testament to the students handwork and dedication to sportsmanship.

All the students exhibited strength, teamwork and determination. The cheers from the spectators echoed the true spirit of sportsmanship fostering a sense of unity among the school community. This sports day reinforced the importance of a holistic approach to education that encompasses both academic and physical well being.

The event concluded with the prize distribution ceremony, where outstanding athletes were recognized and awarded for their achievements. Director Dr. D.S. Bedi and Principal Dr. Anup Kiran Kaur expressed pride in the students accomplishments and emphasized the role of sports in instilling discipline, teamwork and resilience. As the sun set on the day filled with laughter, competition and celebration, Shivalik Public School once again demonstrated its commitment to fostering a well rounded education of its students.