

# Report on One-Day Sports Meet at St. Thomas' College of Education

St. Thomas' College of Education organized a **one-day sports meet** on **31st January 2025** at the college ground with great enthusiasm and participation from students and faculty members.

The event commenced with a **grand parade**, where students displayed their discipline and team spirit, followed by the **Indian pledge**, symbolizing unity and patriotism.

The sports competitions began soon after, featuring a variety of events that tested the strength, agility, and coordination of the participants. The key events included:

- **100-Meter Race (Boys & Girls)** – A thrilling sprint where students showcased their speed and determination.
- **Three-Legged Race** – A fun and challenging event that required teamwork and coordination.
- **Lemon Spoon Race** – A test of balance and concentration, drawing excitement from both participants and spectators.
- **Kabaddi** – A traditional game that highlighted strategy, endurance, and teamwork.
- **Long Jump** – Participants demonstrated their athleticism by striving for maximum distance.
- **Musical Chair Race** – A light-hearted yet competitive event that added an element of entertainment to the day.

The meet concluded with the distribution of **prizes and certificates** to the winners, recognizing their efforts and achievements. The sports meet not only encouraged physical fitness but also fostered a sense of **camaraderie and sportsmanship** among students.

The event was a **grand success**, leaving behind cherished memories and reinforcing the importance of sports in holistic education.

