

## **SPORTS DAY (23<sup>rd</sup> February, 2021)**

*Talent helps you win a match, but team work helps you win a championship.*

The annual sports day, was held on 23<sup>rd</sup> February, 2021 to celebrate teamwork, confidence building and to enhance all round development of upcoming teachers under the supervision of Dr. Mandira Gupta, Principal, IVS and Sports in-charge, IVS. The event was held in a blended mode where activities were held online and offline by following social distancing norms, such as marching by D.El.Ed. students. Beside this, rhythmic yoga, online ludo, carom and rope skipping attracted the students most. Self- composed video on self- defense was also played by prospective teachers. The event concluded with a sports quiz where the students dynamically participated and responded vigorously.

