

"Celebrating National Sports Day: Honouring Legacy and Fostering Team Spirit at Apostolic Carmel"

On 29th August, Apostolic Carmel High School and Junior College celebrated National Sports Day, honouring the birth anniversary of the legendary field hockey player Major Dhyan Chand. This day emphasized the importance of sports and physical activities, reflecting on Major Chand's remarkable legacy in Indian hockey. In the week leading up to the 29th, the school organised various sports activities, including Relay, Tunnel Relay, Kho-Kho, Duck Walk Race, Hurdle Race, and Tug of War, all conducted class-wise. The highlight of the week was the inter-house basketball tournament on 28th August, where St. Joan of Arc House and St. Alphonsa House competed in an exciting match. St. Alphonsa House emerged as the winners. On 29th August, the celebrations continued with an inspirational video on Major Dhyan Chand's life and achievements, followed by a School Achievement video showcasing our students' sporting accomplishments. The day also featured an exciting inter-house GK Quiz, where St. Joan of Arc House emerged victorious. The students in the audience were also engaged with a few questions. The programme concluded with a prize distribution ceremony for all the games held during the week, as well as for the Sports GK Quiz. Overall, National Sports Day was a truly enjoyable experience, instilling in the students the importance of sportsmanship and team spirit.



































