# A Report on Sports Day

*"Sports is not just about winning, but also about participating, enjoying, and learning from the experience."*

Sports play a vital role in human life by promoting physical health, mental well-being and social interaction. They help in building discipline, teamwork, perseverance, and resilience. Additionally, sports offer opportunities for recreation, stress relief and personal growth, contributing to overall quality of life. Sports provide valuable opportunities for students to learn important life skills, develop positive habits, and cultivate a holistic approach to education.

Sports Day at MCA Department started with Mix Cricket. Simultaneously volleyball, carrom and chess was started with lots of zeal in students. To add an extra layer of enjoyment, the event concluded with engaging fun-filled games like Tug of war for both Boys and Girls category, Standing Kho, Lemon and spoon race, Three Leg race, frog race and more fun games. Sports day ended with trophy distribution to the winning teams.

**Sports Day details can be found below:**

| Date & Time : | 23rd February ,2024 9:00 AM to 4:30 PM |
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| **Targeted Audience:** | Students from M.C.A. and Faculty Members |
| **Coordinated By:** | Prof. Rashmi Chouhan, Dr. Mayank Jain |
| **Participants:** | 150+ students and M.C.A. Staff |

**Winners of Mix Cricket were awarded with Trophy.**

**Some Glimpses of Sports Day**

We would like to thank **Dr. Hiren Patel, Principal, SCET**, for providing permission and support to organize sports day. We are thankful to Prof. Gayatri Kapadia, Head-MCA Dept., for encouraging us to organize the sports day to impart above learning to the students.

*Report compiled by Prof. Rashmi Chouhan & Dr. Mayank Jain (Faculty Coordinators)*