

Sports Day Report



Sports Day is always a dynamic and exhilarating event at Sophia High School, with each activity contributing to a vibrant and cohesive program. This year, Sports day commenced on the 6th of July, 2024. Ambica Iyengar Knecht, an alumni and Ekalavya

Awardee, graced us with her presence as the Chief Guest for our momentous day. She was accompanied by the guest of honour Sr. Mary Chetana the Provincial Superior of Our Lady of Visitation Province. They were welcomed by the NCC cadets and Sophia Brass Band along with Sr. Alpana, our principal and the Sisters of Notre Dame. The day began with the unfurling of the school flag, which was then followed by the March past led by Head Girl, Nia Motha and Games Captain, Inaayah Irfan. They were



followed by the Julie House led by House Captain, Manya Nidhi who were then followed by the Barat house, led by Captain Sakshi Jain. The next to follow was the Bennet house led by Captain Umam Ahmed followed by the Andersson House led by Captain Diya Shashikumar.



Students of all four houses displayed impeccable discipline and unity, setting a formal tone. The Torch Relay followed, igniting the spirit of competition and camaraderie. The prize distribution for High School Sub Juniors

celebrated young achievers, inspiring their peers.



The Cuvilly Display 'Care for Creation' was a breathtaking exhibition of coordination and creativity, captivating the audience with its intricate formations. This was followed by the Prize Distribution for High School

Juniors. The Leans display 'Spinning Into Shape' added an artistic element, showcasing balance and flexibility in a beautiful performance. The shoe-tapping music had everyone on their feet.



The 200-meter and 100-meter races were thrilling showcases of speed and determination, while the 75-meter race highlighted the agility and quick reflexes of participants. The NCC Display - Guardian Angels of the Country

impressed everyone with its demonstration of discipline and strength, fostering a sense of pride and respect. The much awaited Aerobics brought energy and rhythm to the field, with students performing synchronized movements to energetic beats that



highlighted their coordination. To mark our school's impeccable achievement of 75 years of excellence, the ISC girls and council members formed 'SND' and '75' as a tribute.

The prize distribution for ISC honoured the highest achievers, celebrating their dedication and success. This was followed by Sophia Brass Band

display which was a vibrant ensemble of hundred and thirty skilled



musicians bringing different instruments to life. The Inter School Relay was a fast-paced and exciting event, along with the Past Present Future Race which added a unique twist. Mass Calisthenics involved all students in a

coordinated exercise routine, emphasising fitness and collective effort. Lastly, it was time for the finale, the much important prize distribution. Various trophies were given to all the deserving houses. And then, that was it! Julie house emerged victorious and carried off the 'Overall Championship Trophy' with a whopping score of 548 points, beating all tough competition.

The Games Captain, Inaayah Irfan then delivered her vote of thanks showing gratitude to those without whom this Sports Day would not have been a success. The Closing Ceremony was a grand finale, blending celebration and reflection, and reinforcing the values of sportsmanship, teamwork, and perseverance. It brought the day to a harmonious and inspiring conclusion.