



L. R. Shah Homoeopathic College

Smt. T.V.Mehta Charitable Foundation

SPORTS DAY REPORT

SPORTS DAY (HOMOEOSPECTRA SEASON 3) : FROM DECEMBER 17TH, 2025 TO DECEMBER 18TH, 2025

- I. **INTRODUCTION** : Sports play a vital role in overall human development by promoting physical fitness, mental well-being, and social interaction. Recognizing the importance of sports in student life, L. R. Shah Homoeopathy College organizes an annual sports event titled “HOMOEOSPECTRA.” This event features a wide range of outdoor games such as Cricket, Volleyball, Throw Ball, Tug of War, Kabaddi, and several other sports activities. The programme encourages active participation, teamwork, discipline, and a healthy competitive spirit among students. For effective participation and organization, students were divided into five main teams. This year, the teams were named Red Spartans, Blue Falcons, Green Emeralds, Yellow Samurai, and White Warriors, which added excitement and enthusiasm to the event.
- II. **AIM OF THE SPORTS DAY** : Sports Day is more than just a break from the academic routine; it is a structured event designed to promote holistic development and primary aim is to celebrate the fusion of physical fitness, mental resilience, and social harmony.
- III. **OBJECTIVES** :
 - Physical Health & wellness (Mass participation, motor skill enhancement, preventative health)
 - Mental & Emotional Fortitudes (Handling success & Failure, Stress relief, Self-confidence)
 - Social integration & values (Teamwork and unity, Discipline and fair play, Leadership)
 - Talent identification (Uncovering potential)
- IV. **VENUE & TIMING** : Play Ground of Gardi Vidhya pith
- V. **TIME** : 8:30 AM TO 3:30 PM
- VI. **PARTICIPANTS** :
 - Students of 1ST , 2ND, 3RD & 4TH year of BHMS
 - Faculty members from multiple departments

VII. **DIGNITARIES PRESENT** : The programme was graced by the presence of distinguished dignitaries, including Mr. Jay Mehta, Chairman of Gardi Vidyapith; Dr. Anoop Kumar Dash, Principal of L. R. Shah Homoeopathy College; Dr. Arvind Bhatt, Secretary of Gardi Vidyapith; and Dr. Bhaskar Sir, Advisor of the College. The event was further honoured by the presence of respected faculty members from various departments of the college, whose guidance and support contributed to the successful conduct of the programme.

VIII. **PROGRAMME HIGHLIGHTS :**

DAY – 01 (17/12/2025)

- The Sports Week commenced with a torch lighting ceremony followed by a rally, symbolizing the spirit of sportsmanship, unity, and enthusiasm among the participants.
- Before the commencement of the games, the programme began with the National Anthem, fostering a sense of unity, patriotism, and respect among all participants and organizers.
- On the first day of Sports Week, various games were conducted according to a well-planned schedule. Boys' Cricket matches were held from 9:00 a.m. to 1:30 p.m., followed by Girls' Cricket from 1:30 p.m. to 3:30 p.m.
- Throw Ball matches took place from 9:30 a.m. to 10:00 a.m., while Girls' Kabaddi events were organized from 10:00 a.m. to 12:30 p.m.
- Volleyball matches were conducted from 11:30 a.m. to 3:00 p.m.
- All events were played between teams representing different houses, namely Red, Yellow, White, Green, and Blue, which added a competitive and enthusiastic spirit to the programme.
- The first day of Sports Week concluded successfully with all scheduled events completed smoothly, reflecting excellent coordination, active participation, and high enthusiasm among the students.

DAY – 02 (18/12/2025)

- The second day of Sports Week began with Tug of War (Boys) from 8:30 a.m. to 9:00 a.m., followed by Tug of War (Girls) from 9:00 a.m. to 9:30 a.m., which generated great excitement and team spirit among participants.
- Girls' Cricket matches were conducted from 9:30 a.m. to 11:30 a.m., while Boys' Kabaddi events took place from 10:30 a.m. to 12:30 p.m.
- Volleyball matches were organized from 9:15 a.m. to 10:15 a.m., and Boys' Cricket was played from 1:00 p.m. to 3:45 p.m.
- Throw Ball matches were held from 1:30 p.m. to 3:30 p.m., marking the final events of the day.
- With the completion of all scheduled games, the second day concluded successfully, showcasing strong participation, coordination, and sportsmanship.

IX. **STUDENT PARTICIPATION** : Students from all four batches actively interacted.

X. **CONCLUSION** : The two-day Sports Week concluded successfully with enthusiastic participation, excellent organization, and a strong spirit of sportsmanship among students. The event provided a healthy platform for students to showcase their physical abilities, teamwork, leadership, and competitive skills. All games were conducted smoothly under proper supervision, ensuring fair play and discipline throughout the programme.

The results of the various events are as follows: Boys' Cricket was won by Red Spartans, with Blue Falcons securing the runner-up position. In Girls' Cricket, Blue Falcons emerged as winners, while Green Emeralds were the runners-up. The Throw Ball event was won by Red Spartans, with Green Emeralds finishing as runners-up. In Girls' Kabaddi, White Warriors claimed the winner's title, followed by Red Spartans as runners-up. For Tug of War (Boys), Yellow Samurai secured first place, while Red Spartans were runners-up. In Tug of War (Girls), Yellow Samurai emerged as winners, with Red Spartans achieving the runner-up position.

Overall, the Sports Week strengthened unity, discipline, and a healthy competitive spirit among students, making the programme a memorable and motivating experience for all participants.

PHOTOGRAPHS OF SPORTS DAY







