

## NATIONAL SPORTS DAY – 29-08-2024



**Date:** 29.08.2024

**Location:** KBN College, Vijayawada

**Name of Activity:** Sports Day

**Strength Participated:** 44 Cadets

**Brief Description of the Activity:**

Sports Day serves as a vibrant platform to celebrate athleticism, encourage physical fitness, and instill values such as teamwork, discipline, and camaraderie among participants. Observed with great enthusiasm, the event typically involves active participation from students, faculty, and even parents. It emphasizes the significance of sports and physical

activity in leading a healthy lifestyle. Competitions held during the event often culminate in the awarding of medals and trophies, leaving participants with a sense of pride, accomplishment, and unity.

On the occasion of **National Sports Day**, the NCC cadets of KBN College, Vijayawada, actively took part in a Walkathon organized to promote fitness, sportsmanship, and public awareness regarding health and well-being. The event was also a tribute to the legendary hockey player **Major Dhyan Chand**, celebrating his enduring legacy in Indian sports.

**Outcomes/Effects of the Activity:**

- **Promotion of Fitness and Healthy Living:** The Walkathon reinforced the importance of regular physical activity for maintaining a healthy lifestyle.
- **Fostering of Sportsmanship:** Cadets demonstrated discipline, unity, and a sporting spirit throughout the event.
- **Increased Awareness:** The Walkathon helped spread awareness in the community about the benefits of physical fitness and the role of sports in youth development.
- **Tribute to Sporting Legacy:** The event paid homage to Major Dhyan Chand, inspiring cadets to value dedication and excellence in sports.
- **Enhanced Team Bonding:** Participation in a collective fitness activity strengthened camaraderie among cadets and staff.