



ITL ORGANISES INTER HOUSE SWIMMING COMPETITION

DATE/ DAY: 10 July, 2024/ Wednesday

ORGANISED BY: ITL Public School

PARTICIPANTS: Students of classes IX & X

ITL Public School organized an Inter House Swimming Competition for the students of classes IX and X, highlighting not only the spirit of competition but also the importance of sports in students' lives. The competition was organized in cognizance with the Fit India Movement, to emphasize on the importance of sports for a wholesome development of the students. Swimming is a comprehensive exercise that engages multiple muscle groups. It improves cardiovascular health, builds muscle strength, and enhances endurance. It also helps in maintaining a healthy weight and improving flexibility, while also creating a meditative experience that enhances mental clarity and reduces anxiety.

The competition witnessed a tremendous house spirit as students chanted slogans to support and cheer their teammates, reflecting the unity and enthusiasm of each house and demonstrating incredible school spirit and camaraderie. The competition included various swimming categories such as freestyle in 25 meters and 50 meters, 4x 25 meters relay. Yatharth Shandilay (XC) from Pragati House was declared the winner of the 25 meters freestyle followed by Kushagra (IX C) as the first runner up from Pratibha House and Ishan (XD) from Pragati House. In 50 meters freestyle, the first position was bagged by Pranav Rawat (IX C) from Perna House closely followed by Utsav (XE) and Bhavyansh Solanki (XC) from Pratibha House. In the relay race first position was bagged by Pratibha House (Raunit Gaur- XC, Bhavyansh Solanki- XC, Utsav- XE and Rishant- IXC). Second position was bagged by Perna House (Pranav Rawat- IXC, Shaurya Jindal- XA, Abeer Gupta- IXE and Vrishin Yadav- IXA). Furthermore, third position was bagged by Prayas House (Vedant Behal- XB, Jai Yadav- IXC, Aviral Jharwal- XA and Gagandeep- IXC)

The competition was more than just a display of athletic prowess; it was a celebration of the importance of sports in education. The event underscored the numerous benefits of swimming and highlighted the role of sports in promoting physical health, mental well-being, social skills, discipline, and essential life skills. It was an inspiring event that encouraged students to embrace sports as a vital part of their holistic development.

