

Cir No.: STS/76/2025-26

21.08.2025 (Thursday)

**“Take care of your body. It’s the only place you have to live.” — Jim Rohn**

Dear Parent

National Sports Day is celebrated on 29<sup>th</sup> August every year, to commemorate the birth anniversary of Hockey legend Major Dhyan Chand. To keep up the legacy of strength and sportsmanship, and promote both mental and physical well-being, St. Thomas’ School will organize various activities on **29.08.2025 (Friday)**.

Class	Activities		
Nur – KG	<ul style="list-style-type: none"> <li>Obstacle Race <b>(Class Activity)</b></li> </ul>		
I– II	<ul style="list-style-type: none"> <li>Fun Races <b>(Class Activity)</b></li> </ul>		
III	<ul style="list-style-type: none"> <li><b>Inter House Relay Race Competition (Both categories)</b></li> </ul>		
IV– V	<p><b>Inter House Yoga Competition (Both Categories)- Team event- 3 students from each house</b></p> <ul style="list-style-type: none"> <li>➤ Number of asanas – 4</li> <li>➤ Costume – Yoga costume/ Cycling shorts and T-shirt properly tucked inside</li> <li>➤ Asanas:               <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p><b>For girls:</b></p> <ul style="list-style-type: none"> <li>Bhunamanasana</li> <li>Purna Bhujangasana</li> <li>Asana of your choice</li> <li>Team Formation</li> </ul> </td><td style="vertical-align: top;"> <p><b>For boys:</b></p> <ul style="list-style-type: none"> <li>Sarvangasana</li> <li>Chakrasana</li> <li>Asana of your choice</li> <li>Team Formation</li> </ul> </td></tr> </table> </li> </ul>	<p><b>For girls:</b></p> <ul style="list-style-type: none"> <li>Bhunamanasana</li> <li>Purna Bhujangasana</li> <li>Asana of your choice</li> <li>Team Formation</li> </ul>	<p><b>For boys:</b></p> <ul style="list-style-type: none"> <li>Sarvangasana</li> <li>Chakrasana</li> <li>Asana of your choice</li> <li>Team Formation</li> </ul>
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VI-VIII	<ol style="list-style-type: none"> <li><b>Inter House Table Tennis Competition (Both categories)</b></li> <li><b>Inter House Taekwondo Competition (Both categories)</b></li> </ol>		
IX-XII	<ol style="list-style-type: none"> <li><b>Inter House Sports Quiz</b>  <b>Topic: Indian Achievements in Olympics and International Events</b> <ul style="list-style-type: none"> <li>➤ Rules and Regulations:               <ul style="list-style-type: none"> <li>2 participants per house.</li> <li>5 rounds of questions will be there.</li> <li>Answering time will be 30 seconds.</li> <li>10 marks for each right answer.</li> </ul> </li> </ul> </li> <li><b>Inter House Tug of War Competition (Boys category)</b></li> <li><b>Inter House Chess Competition (Both categories)</b></li> </ol>		

Ms. Meneka I. Singh  
(Principal)