

“Unleashing Talent and Teamwork: Sat Paul Mittal School’s 18th Annual Athletic Meet”



Sat Paul Mittal School, Ludhiana, hosted its eagerly awaited 18th Annual Athletic Meet, a two-day event on 24th and 25th October 2024, amidst great fanfare and excitement. The event was graced by the esteemed presence of the Chief Guest, Dr. Satbir Singh Gosal, Vice Chancellor, Punjab Agricultural University (PAU). He was warmly welcomed by Shri Bipin Gupta, Vice-Chairman, Sat Paul Mittal School; Principal; and other school dignitaries, including Heads and Coordinators of the school. In his welcome address, Shri Bipin Gupta extended his heartfelt gratitude to the dignitaries, parents, and staff for their support and encouraged the students to cherish the memories of this special day. He highlighted the school’s unwavering commitment to fostering athletic talent and developing a sense of teamwork and discipline through sports.

The day commenced with the unfurling of the school flag, followed by the Chief Guest's declaration of the Athletic Meet open, setting the stage for an exhilarating series of events. A synchronized parade led by the marching contingents of the four houses—Beas, Chenab, Ravi, and Satluj—captivated the audience with the precision and coordination of the students.

The young Satyans, from classes PV to XII, embraced the competitive spirit as they participated in a wide range of track and field events. The energy on the field was electric, with each event drawing applause from the enthusiastic spectators. The relay races, a hallmark of teamwork and coordination, were among the most thrilling events of the day, while the Tug-of-War between parents and teachers added a touch of fun and camaraderie, reinforcing the strong bonds within the school community. Participation from the Support Staff also enhanced the spirit of inclusion and togetherness, making the day even more remarkable.

The athletes’ performances in Yoga, Dance Fitness Exercises, Ring Rush, Ball Bonanza Bliss, Pom-Pom drill, and Dandiya drill demonstrated their dedication and grace, while the competitive events saw high levels of participation in various categories. The Cock House trophy was awarded to Beas House for their outstanding performance, with loud cheers erupting from all corners of the field. Reyana Arora, Daiwaik Aggarwal and Ashman Singh were declared the Best Athlete in Group A, Ishita Goyal and Triman Singh were declared the

Best Athlete in Group B, Samaira Atlee and Harviraj Singh were declared the Best Athlete in Group C and Prisha Bharara and Arhaan Mahendru were declared the Best Athlete in Group D in Girls and Boys categories, respectively. The Chief Guest congratulated the winners, recognizing their immense efforts and accomplishments in various competitions at the National, State, and District levels, bringing pride to the school. The Chief Guest, Dr. Satbir Singh Gosal, in his speech, lauded the efforts of the students and emphasized the crucial role of sports in shaping character. He said that Sports play a significant role in everyone's life, especially in the lives of students. Beyond physical fitness, sports teach essential life skills like teamwork, discipline, and resilience. For students, participating in sports fosters a sense of responsibility, helps manage stress, and encourages a balanced lifestyle.

The day concluded with a vibrant Bhangra performance, which brought smiles to the faces of all present, reflecting the joyful spirit of the occasion.

In her vote of thanks, the Principal, Ms. Bhupinder Gogia expressed her appreciation to all the participants, staff, and parents for making the event a grand success. She emphasized the importance of instilling values of discipline, resilience, and sportsmanship in students, qualities that are essential for success both on and off the field. As the National Anthem resonated across the grounds, marking the end of a memorable day, the sense of camaraderie, athletic prowess, and the spirit of healthy competition lingered in the hearts of all, making the 18th Annual Athletic Meet an unforgettable chapter in the lives of the Satyans.

