**Annual Sports Day**

**Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity**

*John F. Kennedy*

Sports develop a sense of friendliness among the children and boost up their team spirit. It rather helps to develop mental and physical toughness in them. Our Annual Sports meet commences with great enthusiasm and excitement. Arrangements start weeks prior to the actual event with students practicing during school hours. Faculties ensure 100% participation of the students.

Sports day at RSM marks a celebration of the spirit of sportsmanship, teamwork, and healthy competition. This event is not just about winning or losing, but giving our best, pushing limits, and embracing the values that sports teach us, namely discipline, perseverance, and respect.

The Sports Meet is a platform for each one of our students to showcase their talents, to cheer for friends, and craft everlasting memories. They compete with fairness, support each other with enthusiasm, and have cherishing fun time.