

## KABADDI MATCH

Sports have a big role to play in the development of students as physical exercise is equally important in the mental growth of an individual. With the motif to develop physical strength and speed among students, Army Public School Rakhmuthi organized friendly Kabaddi Match on 5<sup>th</sup> and 6<sup>th</sup> July, 2022. Four schools participated in it namely

1. International Delhi Public School, Akhnoor
2. Little Flower School, Akhnoor
3. High Secondary School, Jourian
4. Army Public School, Rakhmuthi

This tournament was mainly to promote Sports among the students. The main objective of this game is to grab points by raiding into the opponent's court and touching as many opponent players as possible without getting caught in a single breath chanting "Kabaddi". All the participants played well and they learned a lot. Our school won the tournament.



## INTER SCHOOL VOLLEYBALL TOURNAMENT

Army Public School Rakhmuthi participated in an Inter- school Volleyball tournament hosted by IDPS Akhnoor on 7 June 2022. There were 4 teams participating in this summer cup namely:

1. Army Public School Rakhmuthi
2. Little Flower School, Akhnoor
3. Kendriya Vidyalaya No.1 Akhnoor
4. International Delhi Public School Akhnoor

All the teams played excellently well and no one being able to mark out till the end that who would win definitely. At last Army Public School Rakhmuthi beat IDPS Akhnoor by 2-1 sets with points 25-18 and 25-13.

The match was a huge success and all the participants in the match were great exponents of the best qualities of sportsmen, thus fulfilling the main objective of the match- to encourage in students the desire to participate and improve, a struggle in which this match definitely played a huge supporting role.



## INTER SCHOOL CRICKET CHAMPIONSHIP

Army Public School Rakhmuthi participated in an Inter- school Cricket championship hosted by IDPS, Akhnoor on 6 June 2022. Four schools participated in this summer cup namely:

1. Army Public School Rakhmuthi
2. Little Flower School, Akhnoor
3. Kendriya Vidyalaya No.1 Akhnoor
4. International Delhi Public School Akhnoor

There was the huge crowd of students who had gathered in the playground to cheer their respective teams. APS Rakhmuthi conveniently reached the final with International Delhi Public School Akhnoor as its competitor.

APS Rakhmuthi defeated IDPS Akhnoor by 92 runs. Principal IDPS presented trophy to APS Rakhmuthi team. The spectators overwhelmingly enjoyed the entire day and the mind- boggling team spirit from APS Rakhmuthi team helped in lifting the trophy.



## DISTRICT LEVEL SPORTS ATHLETICS (GIRLS)

**“Exercise not only changes your body, it changes your body, mind, your attitude and your mood.”**

Sports are very essential to keep our health fit and fine. The District Level Inter – Zonal Athletic Meet for girls of all age groups was organized by Department of Youth Services and Sports District Jammu got underway at Khel Gaon Nagrota. Army Public School Rakhmuthi also participated in this competition which was held in Nagrota on 25 November 2022. Diya and Muskaan of class 8<sup>th</sup> were selected and Muskaan earned gold in high jump in District and State level. It is one of the most popular athletics in the world and has been a part of the modern Olympics since its inception in 1896. It was a proud moment for all the Rakhmuthians.



## DISTRICT LEVEL SPORTS ATHLETICS (BOYS)

**“One man practicing sportsmanship is far better than 50 preaching it.”**

To make our students fitness fanatic different games and sports are always organized for them. An Inter- School District Level Athletics Competition of all age groups for boys had been organized by the Department of Youth Services and Sports. APS Rakhmuthi also participated in the competition which was held in Nagrota on 23 November 2022. The following athletes were shortlisted for District Level Competition:

1. Anirudh (Class 11)
2. Akash (Class 11)
3. Dheeraj (Class 11)
4. Anish (Class 11)



They also gained more knowledge by interacting with their opponents from different schools.

## NATIONAL SPORTS DAY

Sports and games are an integral part of our life and have become a way of life for a healthy and fit India. Sports play a pivotal role in the makeup of a young athlete. National Sports Day is celebrated every year on 29 August. This is the birth anniversary of Hockey Legend, Major Dhyan Chand, who is regarded as the greatest Hockey player of all times.

To mark the significance of National Sports Day, Army Public School Rakhmuthi organized several activities to inculcate the feeling of true sportsmanship among the children and to enhance their physical and social skills. Students participated in various sports activities such as football, badminton, cricket, volleyball with great zeal and enthusiasm. They had fun while indulging in sports activities. On this day, Basketball match was played between Army Public School Rakhmuthi and Army Public School Akhnoor. There was a tie in the match and at the end equal goal scored by both the teams that is 2- 2. The children learnt a lot about true sportsmanship and the value of playing games.





# INTER-HOUSE SPORTS COMPETITION

*'All work and no play makes Jack a dull boy.'*

To make students active, energetic and enthusiastic and for the harmonious development of the students, APS Rakhmuthi organised various inter-house sports competitions.

## RESULT OF INTER-HOUSE EVENTS 2022-23

S.NO	EVENT	AMBEDKAR	GANDHI	NEHRU	PATEL
1	INTER HOUSE CRICKET MATCH	I	II	III	IV
2	INTER-HOUSE VOLLEYBALL MATCH (BOYS)	III	IV	I	II
3	INTER-HOUSE VOLLEYBALL MATCH (GIRLS)	II	IV	I	III
4	INTER HOUSE BASKET BALL MATCH (BOYS)	III	II	I	IV
5	INTER HOUSE BASKET BALL MATCH (GIRLS)	IV	III	II	I
6	INTER HOUSE BADMINTON CHAMPIONSHIP (JUNIOR BOYS)	III	IV	II	I
7	INTER HOUSE BADMINTON CHAMPIONSHIP (JUNIOR GIRLS)	II	III	I	IV
8	INTER HOUSE BADMINTON CHAMPIONSHIP (MIDDLE SCHOOL BOYS)	II	III	I	IV
9	INTER HOUSE BADMINTON CHAMPIONSHIP (MIDDLE SCHOOL GIRLS)	I	III	IV	II
10	INTER HOUSE BADMINTON CHAMPIONSHIP (SENIOR BOYS)	II	IV	I	III
11	INTER HOUSE BADMINTON CHAMPIONSHIP (SENIOR GIRLS)	I	II	II	IV
12	INTER HOUSE FOOTBALL MATCH (SENIOR BOYS)	II	IV	III	I
13	INTER HOUSE FOOTBALL MATCH (SENIOR GIRLS)	II	IV	III	I

