

ANAND INSTITUTE OF MANAGEMENT

SPORTS DAY CELEBRATION – 30th JANUARY, 2016

It is said "Exercise is key for healthy life". Not a single thing assumes paramount importance in life except a fit and healthy body, because money can't buy the health, it is to be sustained, once it is gone, it is lost forever. It is believed if we can't take care of our own body how we can take care of others. To sustain the healthy body it requires regular exercise, daily walk, playing outdoor etc. Sports are such an activity, which alone covers all these peculiarities.

If we consider today's era of ICT, the activity of external sports games are losing its charm. Students have found new avenues of entertainment like Computer Games, Internet, Whatsapp, Facebook and what not. Due to this, the diseases which get injected in old age- are prevalent in today's youngsters. And this is due to ignorance of exercise, walking, playing outdoor games.

Having belief in the importance of Sports, Anand Institute of Management celebrated its sports day comprising of varied games viz. Cricket, Volleyball, 100 mt. Race, Kho-Kho, Musical chair, Badminton, Carrom, Chess and many more.



(Director, Dr. Nirmal Sharma playing cricket on sports day- 30th January, 2016)

The day began with the Cricket Match between boys of SEM II v/s SEM IV. Collaterally, Girls began Playing Kho-Kho, Badminton, and Musical chair. It is the glory of this college that not only students, the Faculties and Director himself get actively involved in sports and enjoyed with the students.



(Students of SEM IV playing chess on sports day- 30th January, 2016)



(Girls of SEM II and IV playing Musical Chair on sports day- 30th January, 2016)

Sports day ended with the light refreshments and tea, It was so amazing to view the contentment, fun, and happiness of the students cherishing the most awaited event of the year i.e. Sports Day Celebration.

Anand Institute of Management has always taken initiatives related to social activities, the sports day can also be considered one of them, it is the way of Institute to promote the outdoor games, which has been not recognized by today's student.



(Snapshots of Sports Day- 30th January, 2016)

Upper 1. Prof. Mayur Rao playing Cricket with students, **Upper 2.** Prof. Akash Shah playing role of an Umpire, **Upper 3.** Dr. Bindiya Soni (HOD) playing Badminton with students, **Upper 4.** Dr. Nirmal Sharma (Director) playing Cricket with students, **Upper 5.** Group Photo of Prof. Suchi Patel, Prof (Dr.) Medha Gupta, Prof. Shivani Shah and Prof. Disha Joshi with students)

