

SHIKSHA SAPTA(DAY-3)- 2024

In compliance with the CBSE – SHIKSHA SAPTA, Celebrating Sports (Day-3), Rayburn High School conducted the Indigenous Sport Activity for class XII on the 24th of July 2024.

The indigenous Sport Activity conducted were Lagori and Marampitti. These activities are valuable indigenous sports that offers numerous physical, social and cultural benefits.

1. **Lagori: This game is popular in Maharashtra and Gujarat.** It is played by two teams with 7-10 players each.
Game Rules: to hit a pile of wooden blocks with a ball, then run and touch a designated point before the opposing team can retrieve the ball.
2. **Marampitti: it is mostly played in Tamil Nadu and Kerala.** Here, 5-10 players compete in two teams.
Game Rules: to hit a small ball with the palm and save it from the opponent team inside a pitch.

The objectives of these activities are to develop hand-eye coordination, team work, agility and strategy.

The first sport activity i.e Lagori was played between the boys of the four houses (Hope, Faith, Joy and Peace) where Joy house came out victorious after a tough battle of 30 minutes.

The second sport activity i.e Marampitti was played between the girls of the four houses (Hope, Faith, Joy and Peace) where Hope house won by a thin margin. The sport was played for about 30 minutes with heated excitement and great zeal from the spectators and players alike.

Conclusion: All in all, these sport activities helped in better understanding about the importance of sports among students and developed sporting spirits. By revitalizing and promoting these games, our cultural heritage is being preserved and community bonding is fostered.