



Satyanand Public School, Gohana

An Inter Class Competition Tug of War was organised by the school with the blessings of Management (Guru Maa Ji and Maharaj Ji) on 15.07.2023 in the school atrium. Director Principal Ms seema Sheoran Ji and Vice Principal Ms Kanchan Ahuja Ji inducted the event to add in the series of **Event Calender of S.P.S.** Students from 6th to 8th Std. Middle classes 9th to 12th Std. Senior classes heartedly participated in the event and got remarkable positions.



The history of tug of war dates back thousands of years and has its origins in various cultures around the world.

Ancient Origins: Tug of war has roots in ancient civilizations. It is believed to have been practiced in ancient Egypt, China, Greece, and India. In ancient Egypt, depictions of tug of war scenes can be found on tomb walls, suggesting its existence as early as 2000 BC. In China, tug of war was part of military training

during the Zhou Dynasty (1046-256 BC) used to build strength and coordination among soldiers.

Medieval Europe: It was often played as a test of strength between opposing groups or communities. In some cases, it was even used as a form of entertainment during festivals and fairs.

Modernization and International Sport: In the 19th century, tug of war underwent a transition from a casual pastime to a more organized and competitive sport. It gained recognition as an official sport in the United Kingdom during the 19th century and was included in the Olympic Games from 1900 to 1920. The International Tug of War Federation (ITWF) was established in 1960 to govern the sport globally.

Tug of war is a traditional team-based sport that involves two teams pulling on opposite ends of a rope, with the goal of trying to force the other team towards their side.

Importancy of Tug of War in schools:

Physical fitness It is a physically demanding activity that requires strength, coordination and endurance. Participating in this event help the students to improve their overall fitness levels, build muscle strength and enhance their motor skills.

Teamwork and cooperation: It promotes teamwork and cooperation among participants. It requires individuals to work together, communicate effectively and strategize as a team. Students learn the importance of unity, trust and supporting one another towards a common goal.

Leadership and decision-making: It provides opportunities for students to develop leadership skills. Team captains or leaders must make quick decisions, assign roles and motivate their teammates during the game. This experience can enhance their ability to take charge and make effective decisions under pressure.

Sportsmanship and resilience: It teaches students about sportsmanship and resilience. They learn to accept victory or defeat graciously, respect their opponents and persevere through challenges. It encourages a healthy competitive spirit while emphasizing the importance of fair play and respect for others.

Social interaction and bonding: Participating in the event allows students to interact and bond with their peers outside of the classroom setting.

Fun and enjoyment: It is a fun and enjoyable activity that brings excitement and enthusiasm to school events. It adds a sense of festivity and helps create memorable experiences for students.

The event was managed in a systematical way in the incharship of Mr. Akshay Sir, Mr. Manjeet Ji and Ms. Sudesh Ji. The main role of Command/**Refree** was played by Akshay Sir as he informed about the specified rules of this sport activity length of **tap mark** , Size of rope, rope dimensions, team composition, footwear and techniques.

Ms Seema Sheoran Ji announced the result of healthy competition among students with the sprit of sportsmanship. She Congratulated the position holders and awarded them with medals. She motivated and inspired the students to do hard work to get success in life which will feel them proud in future.

Junior Wing Girls

Class VII Aster	1st Position
Class VII Daisy	2nd Position
Class VI Aster	3rd Position

Junior Wing Boys

Class VII Daisy	1st Position
Class VII Aster	2nd Position
Class VI Aster	3rd Position

Senior Wing Girls

Class IX Aster	1st Position
Class X Aster	2nd Position
Class IX Iris	3rd Position

Senior Wing Boys

Class X Aster	1st Position
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At last she also apprised the teachers and house keeping staff to take keen participation in the event being participants and played with full sprit.

Conclusion:- Tug of war is a valuable activity in schools because it provides several benefits to students. It promotes physical fitness, teamwork, cooperation, leadership and sportsmanship. It offers an opportunity for social interaction, bonding and enjoyment among students. By incorporating tug of war into school activities educators can foster important skills and values in students while creating a fun and engaging environment.

A report by Radhe shyam Sir