

SAINIK SCHOOL CONDUCTS CROSS COUNTRY RACE

Sainik School Bijapur organized Inter House Cross Country Championship on Thursday, 23 Nov 2017.

Dr.Salim Dhundasi, Dean, Al Ameen Medical College, Vijaypur was the Chief Guest. He gave away the medals and certificates to the prize winners and trophies to the winning houses.

The cross country race was flagged off by Principal Col Tamojeet Biswas in the early hours of the morning at the premises of Sainik School Bijapur. Totally 625 cadets ranging from the age group of 10- 18 participated in this competition with vigour and gusto.

Principal Col Tamojeet Biswas and Vice Principal Sqn Ldr KJM Reddy ran along with the cadets the entire stretch of the cross country race to boost the morale of the cadets. Senior cadets ran the distance of 9.5 kms through the Bijapur city via Ittangihal cross, Afzalpur Takke and culminated at the outdoor stadium of Sainik School Bijapur. Junior cadets charted their way through the rugged route of rough terrain in the premises covering the distance of 5 kms.

Regarding the cadets as future nation-builders, Dr. Salim Dhundasi said that it is the physiological change that takes place during the races like cross country as the chemical reactions in the brain energises the entire body and brings about physical and psychological changes. It also develops team spirit and camaraderie which helps to develop leadership qualities, he said.

The prestigious Cross Country Championship trophy was clinched by Rashtrakoota house in Senior as well as Junior categories. Cadet Vishnu H.B. of Adilshahi house emerged the winner clocking 35.15 min in Senior category. Cadet Aditya Teli and Cadet Vijayreddi Biradar secured the second and the third positions respectively. Cadet Aman Chahar of Vijayanagar house bagged the first

position with the timing of 15.11 min in Junior category. Cadet Abhishek Vjantri secured the second position.

Girl day scholars also participated very enthusiastically and ran along with the boys in this race. Cadet Sushmita B. bagged the first position in girls category covering the distance of 5 kms. Cadet Kaveri B. and Cadet Kritika Biswas secured the second and third positions respectively.

