

**Montfort School, 10<sup>th</sup> Mile**  
**G.S. Road, Guwahati -23**  
**Report for the Month of November, 2019**

In the present scenario as co-curricular activities have become highly relevant and part and parcel of curricular activities, needless to say Montfort School, Guwahati does give due importance to it. As it is an inclusive sector, even the differently abled students are given opportunities co – curricular activities enables the learners to be better persons as it aims at their all round development. It builds up a suitable platform for them to have a clear vision of their life and above all it ensures that they become perfect personalities in whichever field they might be.

Here is the brief report of the co-curricular activities held in Montfort School as well as CBSE level.

**CBSE Far East Zone Cluster I Kho-Kho Tournament**

It was hosted by Montfort School, Guwahati from 03-10-19 to 05-10-19 in which 23 schools participated from North East. Montfort School, Guwahati could present an outstanding performance where Girls under '19 bagged the championship and boys under 19 with the Runner's up.

It was indeed a golden opportunity for the students learn new things as it provides a hands on experience.

**No. of participants:**

Boys under 19 = 11, Girls Under 19 = 12

Boys Under 17 = 10, Girls Under 17 = 12

**Kho Kho Competition:** Disregarding the distance and keeping in view to provide enough opportunities for the students, they were taken to Haryana for CBSE National Taekwondo Championship, held at Hindu Secondary School, Hansi on (9<sup>th</sup> – 12<sup>th</sup> Nov) and II students (girls) under '19 participated from Montfort School.

**1. CBSE National Taekwondo Championship :**

Making avail all the possible opportunities for the students, four students of Montfort School Guwahati participated at CBSE National Taekwondo Championship held at ST. Xavier's High School, Balrampur in UP and Tipsngi Timung of Class XI won bronze medal.

**2. Basketball :** Montfort Boys' Basketball participated in SFS Challenger Trophy basketball Tournament from 07.11-2019 to 09.11.2019. There were 10 participants.

**2. Science Exhibition :**

Upholding the main objectives of Organizing Science exhibitions as promoting interest in Science and Technology among younger generations, encouraging scientific and technological creativity among students and inculcating a sense or pride in their talent, the students of Montfort School were encouraged to participate in the Science Exhibition

organized at South Point School, Barsapara, Guwahati on 26<sup>th</sup> & 27<sup>th</sup> November. There were three participants from Montfort School, Guwahati.

### **Fit India Movement**

Prime Minister Narendra Modi launched the Fit India Movement on 29<sup>th</sup> August, 2019, on the occasion of National Sports day at the Indira Gandhi Indoor Stadium in New Delhi.

**Objective of Fit India Movement:** To encourage people to start / increase physical activity and to keep India fit. Falling in line with the dream of PM as part of this endeavor essay competition was held on 'Fit India School' for Class V & VI.

**Poster making** on Fit mind – Fit Body – Fit Environment for Class XI was held. As part of Fit India –awareness talk..... on nutrition and psychology, different sports events, Khelo India test, Quiz Competition, Gardening, Yoga (for parents, teachers and students) and all staff and students performed free hand exercise.

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