

EMPHASIS ON SPORTS AND PHYSICAL ACTIVITIES

Overall growth of a complete personality is not possible without giving due importance to creation of a healthy body. Hence sports and games occupy a very important place in the everyday routine of all the students. A big initiative in the field of sports and physical education has been taken by being selected member of 'PEC' - Physical Education Card programme launched by British Council UNICEF and CBSE collectively for students of primary classes. The card develops a variety of activities for the total physical development of children. School activities like SPRINTIME and Sports Summer Coaching Camps in vacations have taught students the nuances of different games.

Rocksport activities which offer challenging sports are also being held and attended by a large number of students. The school organized adventure camps for students of all classes in collaboration with Rocksport.

The school provides the students an excellent opportunity to develop their interest and ability in games under the guidance of trained physical education teachers, instructors and NIS coaches for Basketball, Lawn Tennis, Cricket, Kho-Kho, Yoga, Table Tennis, Athletics, Badminton, Chess, Carrom Board, Skating, Judo and Archery. Sports Academies facilitate to play after school hours, necessary infrastructure facilitate enhancement of talent. Students have brought laurels to the school by excelling in various sports at Zonal, Inter Zonal, State, National and International level in CBSE Tournament, Mahatma Hansraj Tournament and other tournaments.

We leave no stone unturned in providing facilities and opportunities to every budding sportsperson. We organized CBSE National Level Judo and CBSE National level Table Tennis Championship. It bears a testimony to our keen interest in all round promotion of sports and games in our region.