



## ***GAME ON: BUILDING STRENGTH THROUGH SPORTS***

### **FUELING FITNESS, FOSTERING CHAMPIONS**

As outlined in the CBSE Health and Physical Education (HPE) Manual, sports and physical activities play a vital role in promoting both mental and physical development. The manual emphasizes that "sports are capable of developing team spirit, mental toughness, and physical strength among students."

Aligned with these principles and bolstered by strong parental support, the school remains committed to fostering holistic development and nurturing future athletes who can excel at national and international levels.

Starting from the academic session 2025–26, the school will place greater emphasis on sports, aiming to spark students' interest and help them discover their aptitudes. In addition to the regular weekly games period for Classes III–X, two dedicated sports sessions have been added to the timetable. These sessions will be conducted under the guidance of professionally appointed coaches, maintaining a healthy teacher-student ratio of 1:20 or 1:25 to ensure personalized attention and meaningful outcomes.



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*"Honouring Earth  
with colours,  
creativity and  
care"*

**SPORTS BEING OFFERED ACROSS  
VARIOUS CLASSES:**

- SKATING
- TAEKWONDO
- CHESS
- LAWN TENNIS
- FOOTBALL
- CRICKET
- BASKETBALL
- TABLE TENNIS

