

## **REPORT ON SCHOOL SPORTS ACTIVITIES**

**INTRODUCTION:** - Sports play a vital role in school life, contributing significantly to the holistic development of students. Beyond physical fitness, regular participation in sports activities enhances mental well-being by reducing stress, improving focus, and fostering resilience. Sports also provide students with a practical environment to learn essential values like teamwork, cooperation, and discipline, which they carry forward into their academic and personal lives. These activities are instrumental in building self-confidence and encouraging a healthy competitive spirit, which ultimately contributes to the overall personality development of students.

Our school is dedicated to nurturing a balanced environment where sports and academics go hand in hand. We offer a range of physical education programs and activities that cater to students of all interests and abilities. Recognizing the importance of proper facilities, our school recently introduced an indoor badminton court, which allows students to play regardless of weather conditions and develop their skills in a safe environment. Additionally, we are committed to expanding our sports offerings, as seen in the introduction of softball, which adds a new team sport to our line-up, encouraging students to learn new skills, enjoy healthy competition, and broaden their athletic experiences. Through these initiatives, our school aims to create a foundation where students can explore diverse sports, stay active, and embrace the lifelong benefits of physical fitness and sportsmanship.

**OBJECTIVES OF THE SPORTS ACTIVITIES:** - Our school's sports activities are to promote holistic development, instill healthy habits, and nurture essential life skills among students. Through diverse physical activities, we aim to:

1. Enhance Physical Health: Improve fitness levels, coordination, flexibility, and strength, supporting students' overall health.
2. Build Teamwork and Collaboration: Foster cooperative skills and positive interactions as students work together to achieve shared goals.
3. Instill Discipline and Responsibility: Encourage punctuality, regular practice, and accountability, helping students build self-discipline and focus.
4. Boost Self-Confidence and Resilience: Through challenges and achievements, sports activities empower students to overcome obstacles and build self-assurance.
5. Encourage Lifelong Fitness Habits: Create a foundation for lifelong physical activity, promoting wellness and mental well-being beyond school life.

Through these objectives, our sports program provides a balanced and enriching environment for personal and social development.

**DETAILS OF SPORTS ACTIVITIES CONDUCTED:** -

### **CCA SPORTS ACTIVITIES –**

1. FROG RACE & Lemon and Spoon Race (Categories Boys and Girls, Classes - I & II)
2. SACK RACE & FAST WALK (Categories Boys and Girls, Classes - IV & V)
3. 100 M, 200 M, RELAY RACE & SOCCER (Categories Boys and Girls, Classes - VI & VIII)
4. BADMINTON & SOCCER (Categories Boys)
5. SOCCER MATCH & BADMINTON (Categories Girls)

## **COMPETITION AND ACHIEVEMENTS: -**

### **BBPS SPORTS MEET (VOLLEYBALL) GIRLS TEAM 2<sup>nd</sup> POSITION**

SHALINI SURYAWANSHI- X  
RAGINI PATEL- X  
PURVI THAKUR- X  
PRAGYA BHARGAV- X  
KANAK ANAND- VIII  
SURITA SOSRTHE- IX  
MIHIKA- IV  
JANHAVI SAHU- IV  
PRATULYA DEVSHI- IV  
2<sup>nd</sup> POSITION

### **ATHLETICS (SHOTPUT)**

UDAY SHRIVASTAVA- IX 2<sup>nd</sup> POSITION  
ANUJ VANSHAKAR- X 3<sup>rd</sup> POSITION

### **ATHLETICS (200 M RACE)**

RAGHAV VANSHKAR – X (3<sup>rd</sup> POSITION)

### **ATHLETICS (RELAY RACE)**

DHRUV MANDAL - VIII  
ABHAY DHRUV- VII  
ANUJ VANSHKAR- X  
RAGHAV VANSHKAR- X

### **CBSE FAR EAST ZONE TAEKWONDO CHAMPIONSHIP 2024**

1. ARSHITA TAMRAKAR- VII BRONZE MEDAL (42 KG JUNIOR GIRLS)
  2. TANMAY SINGH KSHATRI -IX BRONZE MEDAL (63 KG JUNIOR BOYS)
  3. GAUTAM NIRMALKAR - IX BRONZE MEDAL (45KG JUNIOR BOYS)
  4. ATHARV PATEL- VIII BRONZE MEDAL (78KG JUNIOR BOYS)
  5. SAYED ARSLAN MOHAMMAD NAQVI- VI BRONZE MEDAL (35 KG U-14 BOYS)
  6. PARI SHIDDAM - VIII BRONZE MEDAL (52 KG JUNIOR GIRLS)
- CBSE CLUSTER – II ATHLETICS CHAM  
SGFI STSTE LEVEL COMPETITION

### **CBSE CLUSTER II ATHLETICS CHAMPIONSHIP 2024**

1. ANANYA SRISHTI BHOI – XI, U- 17 GOLD IN SHOT-PUT AND SILVER IN JAVLIN THROW

### **CBSE FAR EAST ZONE SKATING CHAMPIONSHIP 2024**

1. ALISHA SINGH – III GOLD IN (300 M INLINE), SILVER IN (500 M IN QUAD)
2. G. TANVIKA – III SILVER IN (1 LAP ROAD)
3. DHRUVIKA PENSIA – V (300 M INLINE)

### **SGFI STATE LEVEL COMPETITION 2024**

1. ANANYA SRISHTI BHOI – XI SILVER IN JAVLIN, BRONZE IN SHOT-PUT U-17
2. TANISHA SAHU- XI GOLD IN TAEKWONDO U- 17
3. ATHARV PATEL – VIII SILVER IN TAEKWONDO U-14

### **ONLINE COMPETITION 2024**

1. SHALINI SURYAWANSHI – X 1<sup>st</sup> POSITION IN VOLLEY DYNAMICS  
ORGANISED BY BBPS KHARGONE

### **OPEN STATE CHAMPIONSHIP**

1. D. VIVEK- PPB GOLD MEDAL IN SKATING U-6
2. G. TANVIKA – III SILVER MEDAL IN SKATING U- 11
3. YUVRAJ SINGH RAJPUT – XI BRONZE MEDAL IN DECATHLON
4. ANANYA SRISHTI BHOI – XI SILVER IN HEPTATHLON

**YOGA INTEGRATED ACTIVITY:** - An innovative competition was conducted for Class 11 and 12 commerce students, connecting financial literacy with yoga. The aim was to draw parallels between the discipline required in yoga and financial planning, emphasizing habits of mindfulness and long-term focus that benefit financial decision-making.

### **Online Yoga Competition:**

To encourage broader participation, an online yoga competition was organized. Students demonstrated various asanas and submitted their performances online. This platform allowed students to share their progress and provided a sense of community and achievement. The event also included guided reflections on how practicing yoga could help in academics and personal development, adding a self-assessment component to enhance their understanding.