

SPORTS, YOGA & SELF DEFENCE

EQUIPMENT, PRACTICE & ACHIEVEMENTS

PM SHRI KENDRIYA VIDYALAYA PASCHIM VIHAR

SESSION 2026–27

PLAY

PRACTICE

PERFORM

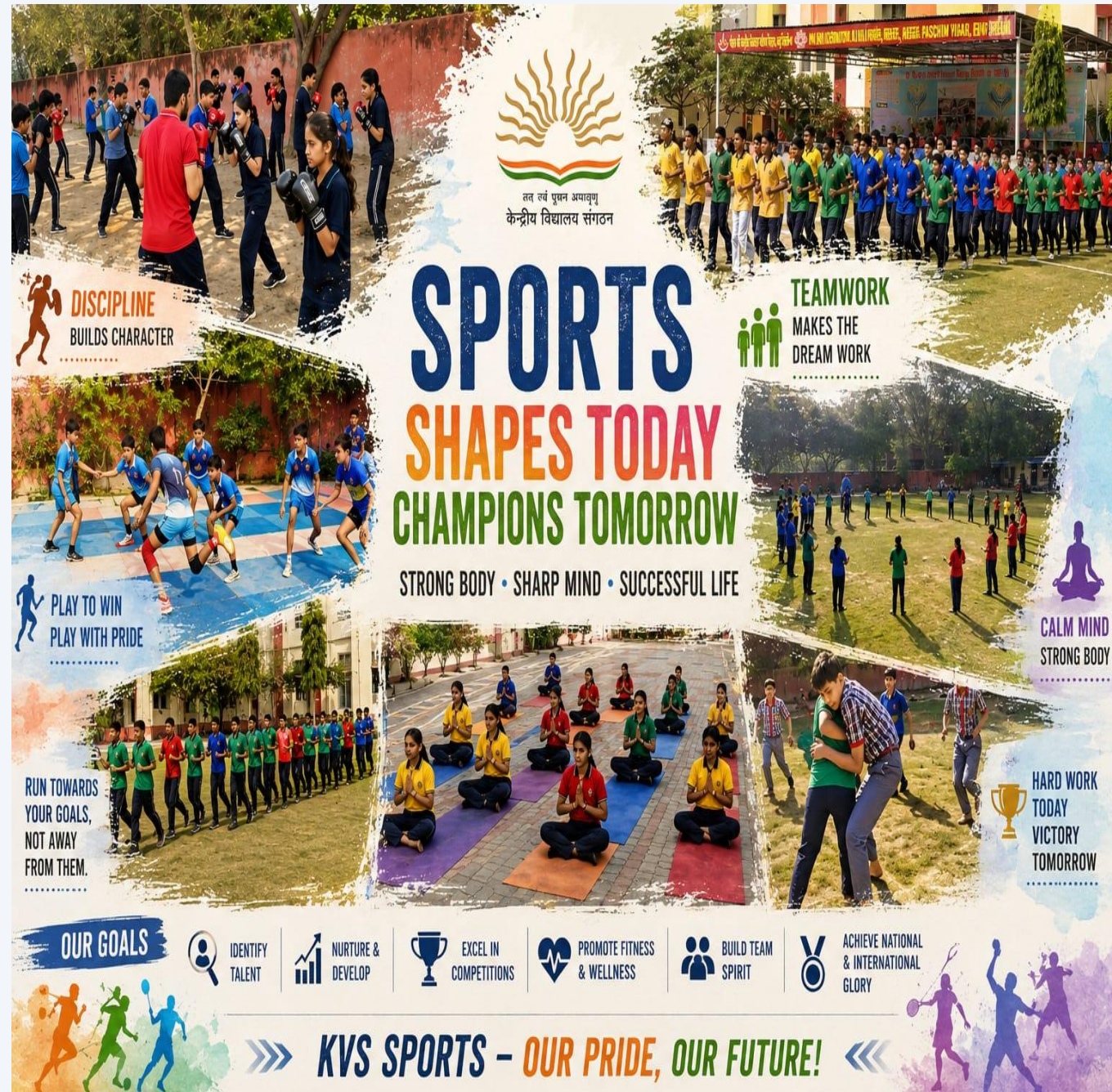
ACHIEVE



Why Sports Matter

PHYSICAL EDUCATION • FITNESS • CHARACTER

- ❖ Sports don't just build athletes; they build character.
 - ❖ Where there is sport, there is discipline, confidence and the courage to grow.
 - ❖ Improve Physical fitness and active lifestyle
- ❖ Sports turn energy into excellence, effort into achievement, and challenges into confidence.



Sports Practice Framework

REGULAR TRAINING • SKILL DEVELOPMENT

01 FITNESS

Warm-up • agility • speed • endurance

02 SKILLS

Sport-specific drills & techniques

03 TACTICS

Rules • strategy • team coordination

04 MATCH PRACTICE

Game situations • assessment • feedback

Sports Infrastructure & Equipment

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

- Sports equipment under PM SHRI Fund
(Football, Volleyball, Badminton Racket etc.)



The right equipment builds
the right foundation



SPORTS PRACTICE

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

“Practice is the first step towards excellence.”

- ❖ Regular Practice
- ❖ Proper use of Equipments
- ❖ Skill Development
- ❖ Team Spirit



Yoga Infrastructure & Equipment

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

“Yoga aids make practice easier and help create balance between body and mind.”



YOGA PRACTICE

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

“Yoga is the journey of the self, through the self, to the self.”

- ❖ Flexibility
- ❖ Balance
- ❖ Concentration
- ❖ Mental Well-being



YOGA PRACTICE

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

“Yoga is the journey of the self, through the self, to the self.”

- ❖ Flexibility
- ❖ Balance
- ❖ Concentration
- ❖ Mental Well-being



SELF DEFENCE TRAINING

PM SHRI INITIATIVE • EFFECTIVE UTILISATION

“Learn. Practice. Empower Yourself.”

- ❖ Basic Defensive Skills
- ❖ Awareness & Alertness
- ❖ Confidence & Quick Response
- ❖ Safety & Empowerment



Major Sports Activities

MULTI-SPORT PARTICIPATION

01

ATHLETICS

02

KABADDI

03

BOXING

04

TAEKWONDO

05

YOGA

06

SWIMMING

07

ROPE SKIPPING

08

CRICKET

09

SKATING

Participation & Exposure

HOUSE → REGIONAL → NATIONAL → SGFI

HOUSE

Intra-school competitions



REGIONAL

Competitive exposure



NATIONAL

KVS National Sports Meet



SGFI

Higher-level participation

Sports Achievements in RSM

CELEBRATING PERFORMANCE



First Position

[36]



Second Position

[16]



Third Position

[21]

SELECT FOR NATIONAL

[13]

Sports Achievements in NSM 2025-26

CELEBRATING PERFORMANCE



First Position

[3]



Second Position

[2]



Third Position

[2]

SELECT FOR SGFI

[3]

Sports Stars

BEST PERFORMERS • STUDENT ACHIEVERS

01

KARTIK DHAKA (XII-D)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

02

KAPISH SHOKEEN (IX-C)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

03

UDDESHYA (XII-D)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

04

KANISHKA (XII-B)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

Sports Stars

BEST PERFORMERS • STUDENT ACHIEVERS

05

SONAKSHI (X-D)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

06

LAVANYA ROHILLA (IX-C)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

07

CHHAVI (VIII-D)

Sport: BOXING

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

08

DRISTI DRALL (XI-B)

Sport: ARCHERY

Achievement: 3 GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

Sports Stars

BEST PERFORMERS • STUDENT ACHIEVERS

09

YACHIKA BHARDWAJ (IX-A) Sport: SWIMMING

Achievement: 03 GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

10

AKSHAT GREWAL (XII-D) Sport: SWIMMING

Achievement: 03 GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

11

DAKSH SHARMA (VIII-A) Sport: TAEKWONDO

Achievement: GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

12

ANANYA (VIII-A) Sport: ATHLETICS

Achievement: 02 GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

13

GREESHA SINGH (VII-B) Sport: ROPE SKIPPING

Achievement: 02 GOLD MEDAL IN RSM AND SELECT FOR NATIONAL

Impact of Regular Practice

FROM PRACTICE TO PERFORMANCE

FITNESS

Strength • speed • endurance

CONFIDENCE

Self-belief • positive attitude

DISCIPLINE

Routine • responsibility

TEAMWORK

Cooperation • sportsmanship

Future Goals

VISION FOR SPORTS DEVELOPMENT

From School Ground to National Podiums

- Fitness for all – ‘Improve fitness level of all students
- Increase participation in Regional Spors Meet 2027
- Increase number of Gold Medal in National Sports Meet 2027
- Increase number of participation in SGFI and secure medals
- “हमारा लक्ष्य है—हर विद्यार्थी को अवसर, हर प्रतिभा को मंच और हर चैंपियन को राष्ट्रीय पहचान।”

“Practice today. Perform tomorrow.”

PLAY • PRACTICE • PERFORM • ACHIEVE

धन्यवाद

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