

KENDRIYA VIDYALAYA ANDREWSGANJ, NEW DELHI 110024

NAME OF DEPT/ACTIVITIES:
NAME OF I/C:

GAMES AND SPORTS
TGT : P&HE

Kendriya Vidyalaya Andrews Ganj takes pride in offering a wide range of sports and games facilities to promote physical education and holistic development among students. The school's infrastructure supports various sports activities, fostering an environment that encourages students to actively participate in both indoor and outdoor games.

SNO	GLIMPSES	SNO	GLIMPSES
1	 <p data-bbox="350 1119 672 1157">SWIMMING POOL</p>	2	 <p data-bbox="1097 1119 1292 1157">OPEN GYM</p>
3	 <p data-bbox="331 1612 695 1650">BASKET BALL COURT</p>	4	 <p data-bbox="1057 1612 1336 1650">SQUASH ROOM</p>



DETAILED REPORT ON DIGITAL INFRASTRUCTURE:

1. • **Swimming Pool**

The KV Andrews Ganj swimming pool is a highlight of the sports facilities. It allows students to practice swimming, participate in swimming competitions, and engage in water sports. Regular swimming classes are conducted to develop students' swimming skills, and safety measures are always in place to ensure student well-being.

2. • **Open Gym**

The open gym facility is designed to promote physical fitness and well-being among

students. Equipped with modern fitness equipment, it enables students to work on strength, flexibility, and endurance. Physical Education teachers and coaches guide students in using the equipment correctly, ensuring a balanced fitness regime for overall health.

3. • **Basketball Ground**

The school has a well-maintained basketball court, where students actively participate in training sessions and inter-school competitions. The court plays a vital role in developing team spirit, coordination, and strategic thinking, which are key to excelling in basketball. Meeting national standards, the court ensures a safe and competitive environment for all players.

4. • **Squash Room**

The squash room is another specialized facility, providing students with the opportunity to engage in an indoor racquet sport. This facility caters to students interested in honing their squash skills. Professional coaches guide the students, ensuring that they learn proper techniques and improve their gameplay.

5. • **Shooting Range**

The school offers a dedicated **shooting range**, providing students with the chance to practice precision and focus in a controlled environment. Shooting as a sport helps develop discipline, concentration, and mental endurance. Trained instructors guide the students in mastering safe shooting techniques and enhancing their accuracy, making it an ideal platform for those interested in pursuing shooting as a competitive sport.

6. • **Kabaddi Ground**

Kabaddi is a traditional Indian sport that enhances agility, strength, and teamwork. The school's **kabaddi ground** is well-suited for both training and competitions. Students regularly engage in practice sessions and inter-school matches, promoting physical endurance, quick reflexes, and strategic planning. Kabaddi also plays a vital role in fostering sportsmanship and collaboration among students.

7. • **Football Field**

The school's **football field** is spacious and well-maintained, providing students with ample opportunity to develop their football skills. Regular football training sessions focus on improving stamina, coordination, and teamwork. The field meets competitive standards and hosts inter-school football matches, allowing students to showcase their skills and compete at various levels. Football is a key sport that encourages physical fitness and collaboration.

8. **Activities and Achievements**

The students of KV Andrews Ganj have actively participated in various sports activities at the **Vidyalaya, regional, national levels & SGFI** showcasing their dedication and talent. **The school has made notable achievements this year, with students bagging 2 gold, 2 silver, and 10 bronze medals in different games at regional sports meet 2024**

05 students were selected for **Nationals** in sports such as cricket, badminton, football, chess, and boxing. The Vidyalaya also took pride in **organizing two regional sports meets**, one for **swimming** and the other for **judo**, further promoting athletic participation and competition. Additionally, **KV Andrews Ganj was selected as a venue for national coaching camps** in

swimming and badminton, providing students with the opportunity to receive advanced training from experienced coaches. These accomplishments highlight the school's strong commitment to sports and its ongoing success in nurturing young athletes.

9. **YOGA INSTRUCTOR:** The yoga instructor at KV Andrews Ganj plays a crucial role in promoting physical and mental well-being among students. With a deep understanding of various yoga practices, the instructor guides students through techniques that enhance flexibility, concentration, and stress management. Yoga sessions are tailored to suit the needs of different age groups, helping students build a strong foundation in physical fitness while also fostering mindfulness. The instructor's expertise ensures that each session is a balanced blend of physical postures, breathing exercises, and relaxation techniques, contributing to the overall development of the students.