

PM SHRI KENDRIYA VIDYALAYA NO. 3, SAGAR (M.P.)

An Autonomous Body under Ministry of Education, Government of India

ANNUAL SPORTS ACTIVITIES & ACHIEVEMENTS REPORT (SESSION 2025-26)

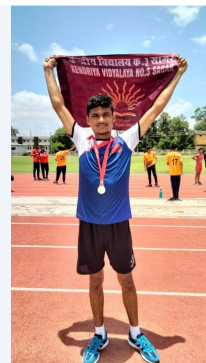
1. INTRODUCTION & OBJECTIVES

Physical education and competitive sports form an indispensable core pillar of the comprehensive curriculum framework at PM SHRI Kendriya Vidyalaya No. 3, Sagar. Aligning with the visionary guidelines of the PM SHRI scheme, our institution places absolute emphasis on the physical health, psychological agility, and overall personality development of every single student. We firmly believe that the sports arena is where foundational life skills such as strategic collaboration, leadership, emotional resilience, and target orientation are naturally forged.

The academic session 2025-26 has been an exceptional year of athletic renaissance for the school. Our training programs are meticulously structured to transform raw talent at the grassroots level into elite high-performance athletes. By integrating modern fitness routines, specialized coaching modules, and systematic inter-house competitions, the campus sports ecosystem remained vibrant and highly energized throughout the year. This comprehensive report formally details our continuous sporting initiatives, intra-mural activities, and the illustrious landmarks established by our students on regional and national platforms.



Official inaugural lineup and house flag parade sequence on the main sports arena field.



Student athlete proudly presenting the institution flag following a victorious competitive event.

2. DIFFERENT SPORTS ACTIVITIES & CAMPUS INFRASTRUCTURE

To implement the concept of 'Fit India' and maximize mass participation, the Vidyalaya maintains structured developmental routines and rigorous multi-sport setups:

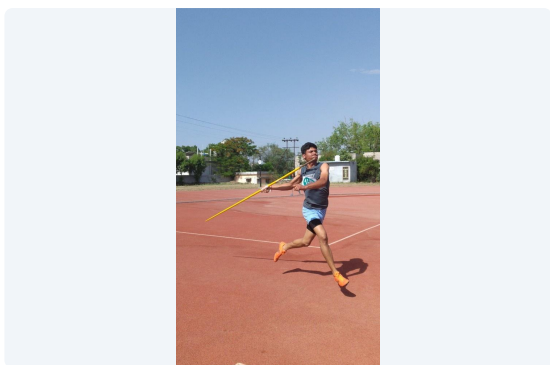
- **Mass P.T. & Regular Fitness Drills:** Organized physical health sessions conducted during the morning assembly to maximize flexibility, mental sharpness, and structural alignment for all age groups.
- **Track & Field Disciplines:** Dedicated coaching schedules covering short track sprints, middle-distance events, technical Javelin Throw mechanics, and systematic Long Jump pit practice.
- **Inter-House Tournaments:** Active intramural competitions hosted across the school houses (Shivaji, Tagore, Ashok, Raman) to select and filter prime talent for advanced inter-school matches.



Students executing synchronized Mass P.T. drills under professional guidance during morning hours.



High-energy tactical play and competitive teamwork during the Inter-House Boys Football matches.



Athletic drills demonstrating proper grip and high release mechanics during Javelin training field clinics.



A student athlete mid-flight executing a technical long jump landing drill at the field pit.



Dedicated student practices and sharp reflex training inside the Indoor Table Tennis facility.

3. ACHIEVEMENT & HONOUR ROLL

The session 2025-26 witnessed historical performance benchmarks from our sports teams. Our student-athletes dominated the podium tracks at KVS Regional Levels, securing prestigious national placements:

SPORTING EVENT	LEVEL & CATEGORY	OFFICIAL MERIT / MEDALS SECURED
Hammer Throw	KVS Regional Athletics Meet	Bhumi Chourasia secured the Silver Medal and successfully qualified for SGFI (School Games Federation of India) .
Athletics (Sprints)	Regional Sports Meet (U-14 / 17 / 19)	Earned multiple Gold, Silver, and Bronze podium finishes across absolute track categories.
Javelin Throw	KVS Regional Selection Trials	Gold Medal with peak performance distance charts, confirming national spot.
Long Jump	KVS Regional Athletics Meet	First-place champion position with direct qualification parameters.
Table Tennis	Inter-School Regional Meet	Silver Medalists across both Singles and Doubles tournament brackets.



Distinguished school athlete holding an official KVS regional certificate of merit on the field.



Official podium presentation celebrating award-winning student ranks at the KVS regional level.



Under-14 Athletics champions posing on the first-place victory stand with earned medals.

4. CONCLUSION & STRATEGIC ROADMAP

These remarkable achievements reflect the continuous dedication of our student-athletes, the analytical conditioning by our Physical Education Teacher (PET), and the structural motivation from the school administration. Moving forward, PM SHRI KV No. 3 Sagar will focus on further upgrading playground facilities and equipping students with advanced tactical toolsets to maintain these high competitive records.

Physical Education Teacher (PET)

Principal