

IMPORTANCE OF SPORTS IN SCHOOL



1 ENHANCE FOCUS & CONCENTRATION

Physical education can help to improve concentration and maintain focus. In schools, this will help in maintaining their healthy body and minds.



2 DEVELOP TALENTS

No doubt many children develop their talents from a young age. Physical education is the one who enables the kids & youth to discover and develop some of their talents in a competitive world.



3 RELIEVE STRESS

Physical activities and education allow students to relieve their academic stress and anxiety. It gives them an environment to breathe out their stress by exercising and breathing deeply.



4 FLEXIBILITY

Exercise and stretching help improve physical balance which decreases the chances of injuries. Such activities make the body elastic and flexible. Those students who make physical education as important as their school work become more flexible in their daily life.



5 BETTER SLEEP

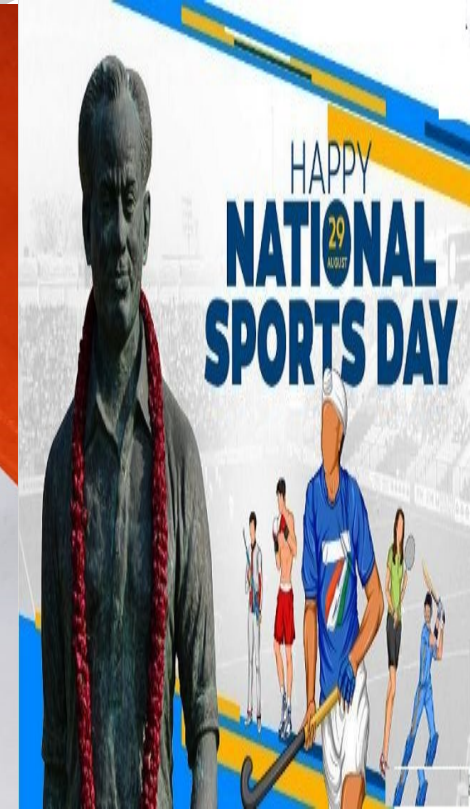
A complete night's sleep is an essential part of a happy and healthy life. The students who take part in physical activities and exercise regularly have tired and take a better sleep.



6 MAINTAIN PHYSICAL & MENTAL HEALTH STATE

The greatest benefit of physical education is to maintain physical health and mental health at the same time which is better placed in many aspects of life.

KENDRIYA VIDYALAYA JOSHIMATH



"The Olympic complex now has a magic show too. Visit the hockey stadium to watch the Indian magician Dhyani Chand in action" (by German media Berlin Olympics 1936).

हॉकी के जादूगर

मेजर ध्यानचंद



KENDRIYA VIDYALAYA , JOSHIMATH

Online Celebration of National Sports Day 29th August 2020



Guest of the Webinar
Dr. Sinku Kumar Singh,
FIDE International Player



Mr. Pramod Kumar
TGT(P&HE)



Mrs. Pooja Sharma
PGT (Biology)



Miss. Sayma Tabassum
TGT (Lib.Science)



Master Dhurav Garg
Class (XII)



Mr. Mayank Sharma
Principal
KV Joshimath

HOD (Phy.Edu)
Nanded University.

**Inspirational
Massage**

Online Session
On Importance of NSD
& Hockey Wizard
Major Dhyanchand

**Fitness &
Wellness
through Sports**

**Presentation
on – Major
Dhyanchand**

**COVID-19-
Fitness at home
a feedback**

**Importance of
Games & Sports**

Online Poster Making Competition

