## **Sports and Games**

'A healthy mind resides in a healthy body' is an unavoidable necessaity for all, particularly for a school-going boy or girl.

Sport teaches children the important lesson of team-spirit and it gives them the experience of working with different kinds of people in different situations.

As long as a child is involved in sports, he will learn how to overcome obstacles and challenges that will come his way. Isn't that what we all want for our children?



The school provides ample opportunity for the children for all the sports and games. The school has a well-qualified trainer and a team of sportsmanship.

1.	Sr. Amibily Jose ( Principal)	Chair Person
2.	Mr. Dhaniram Banwasi (PTI)	Secretary
3.	Mrs. Sudha Kumari (Teacher)	Member
4.	Mr. Saurabh Parihar (Teacher)	Member
5.	Mrs. Vandana Barwa (Teacher)	Member
6.	Miss Anushka Dwivedi (Teacher)	Member