

ACHIEVEMENTS

SPORTS

Participating in sports is essential for achieving both physical and mental fitness. Engaging in regular physical activity helps build a strong and healthy body, improving overall physical fitness. Sports also play a vital role in developing mental fitness by teaching valuable life skills such as discipline, teamwork, and perseverance. Moreover, exercising and playing sports releases endorphins, also known as "feel-good" hormones, which boost mood and reduce stress levels. By incorporating sports into one's lifestyle, individuals can experience significant improvements in their overall well-being, leading to a happier, healthier, and more balanced life.

CHAMPIONS OF ANNUAL SPORTS MEET - 2024-25

01) SAINATH KAVIRAJ (YELLOW HOUSE IX A)

First Place in : 400mt. Running, 800mt. Running,
Kabaddi, High Jump & 400x100 mt. Relay,
Second Place in : Long Jump.

02) ROHINI D. SARSAMBI (BLUE HOUSE IX B)

First Place in : Kabaddi, High Jump & 400x100 mt. Relay,
Second Place in : 200mt. Running, 100mt. Running Discus Throw &
Third Place in : 400mt. Running, 800mt. Running

03) PURNIMA JANE (RED HOUSE X B)

First Place in : Long Jump 800mt. Running
Second Place in : 400mt. Running, High Jump
Third Place in : Discus Throw

**Over All
Championship**
First Place
Yellow House
Second Place
Green House

WELL BEING



Well-being ensures the state of optimal health, happiness, and fulfillment in individuals and communities. It is not merely the absence of illness but rather a dynamic equilibrium encompassing physical, mental, emotional, and social dimensions. Achieving well-being involves cultivating positive relationships, pursuing meaningful goals and practicing self-care. It thrives in environments that prioritize equity, inclusivity, and access to essential resources such as

“Hardwork and Consistency Head for Achievement”