

# Sports

Games are creative and mindful expression of the human spirit which comes out through the creation of activity that has an entertaining, flexible, instructive and competing element. It explores and test people's skills, efforts and invites them to develop new ways in managing the obstacles which stops them for attaining the game's goal. Games are the positive experience which helps in the strengthening of our body and mind.

Some games are also considered as structured activities like cycling, cricket, swimming and football etc which helps us to take active decisions and sharpens our thinking process also. The students of the vidyalaya get umpteen opportunity to enhance and sharpen their skills with the help of various sports activities organized by the school at Inter-School, Regional, Zonal and National level of KVS Sports Meet.