

**(CIRCULAR)****C.NO 25-26/49****Dated: 29/07/2025****Dear Students/Parents,
Warm greetings!**

As you are aware, our school is committed to the holistic development of each student. Our goal is to ensure the physical, mental, intellectual, moral, spiritual, and practical growth of our students so they can build a bright and prosperous future for themselves and contribute meaningfully to our great nation.

In alignment with this vision, our school will be actively participating in various zonal-level physical competitions this year.

These competitions, organized by the Education Department, will be held at different locations and dates, and will include students from primary to senior classes. The school will select individual participants as well as team members based on their capabilities.

The confirmed date for selection by the school is as follows:-**1. Wrestling**☐ Date: 30th July – 31st July 2025☐ Classes: 6th to 11th**2. Chess & Carrom**☐ Date: 1st August – 2nd August 2025☐ Classes: 1st to 11th**3. Taekwondo**☐ Date: 4th August – 6th August 2025☐ Classes: 1st to 11th**4. Kabaddi**☐ Date: 7th August – 11th August 2025☐ Classes: 6th to 11th**5. Yoga & Volleyball**☐ Date: 12th August – 14th August 2025☐ Classes: 1st to 11th**6. Kho-Kho**☐ Date: 18th August – 20th August 2025☐ Classes: 6th to 11th**7. Athletics (Race, Relay Race, Shot-put, Long Jump, High Jump)**☐ Date: 21st August – 23rd August 2025☐ Classes: 6th to 11th**8. Rope Skipping**☐ Date: 25th August – 26th August 2025☐ Classes: 6th to 11th

Note: ☐ ☐ Dates for the internal selection of participants and teams may be subject to change depending on weather conditions.

☐ ☐ Selection will be carried out based on the students' physical and intellectual abilities.

☐ ☐ once selected, students must attend morning and evening practice sessions, including on holidays, as per the schedule provided by the respective coaches and teachers to ensure optimal preparation.

More than 150 schools will participate in these zonal-level physical competitions. We hope that all of you parents will encourage your children to participate with full enthusiasm and actively

**Regards,
Tanya Gupta
Principal**