



केन्द्रीय विद्यालय संगठन  
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ISAMPAL  
DEPUTY COMMISSIONER

F. Acad/2016-KVS(BPL)

Dated : 25/02/2016

**IMPORTANT**

Dear Principals,

We live in an age where the term 'lifestyle diseases' has become endemic. Children cooped up in crowded places, public spaces for play fast shrinking, curricular pursuits taking up every moment of the day, all gradually leading to an adulthood where the meaning of play has been all but forgotten or worse still, never known. And then, toward middle age, we realise the importance of making space on a regular basis for physical activity in our lives.

The problem, though, begins much earlier. Generally speaking, a very small percentage of schools in our country has a decent playground, let alone equipments. A smaller percentage still has children using whatever playground is, optimally. However, the picture in KVs is different. They are in possession of huge playgrounds, plenty of equipments & tools, sports teachers, sports coaches and others. Yet, the sports lacks the proper treatment being given to it. It's importance rises particularly when Sports Day celebrations are planned or if the school is participating in competitions like Inter-KV tournaments, Regional Meets, National Meets. And that's all.

What is, in fact, needed is to make a conscious and concerted effort to see sports finds its due on daily basis in our school system. The tools & equipments and grounds & fields be properly maintained with nets, baskets, handles and fixtures & fittings fastened and various fields carved out & marked, thereby sports ambience created. This begins with the mainstreaming of sports education in the time table treating sports/PET as a professional of value, thinking through the sports curriculum carefully, and transmitting the perception that sports is important to children (of course, to Principals and teachers too). Taking the focus of sports away from individual excellence and viewing it as integral to life/living will also introduce those lifestyle changes that positively impact health. This apart, sports goes a long way in building attitudes of cooperation and healthy competition, ultimately in building not only bodies but minds too.

In view of the above, I request you to give personal attention to the subject and ensure that sports develops as expected. Also, you may ensure that the sports facilities like playgrounds, equipments, tools, etc., presence of PETs & Coaches are optimally used, and National & International talent emerges from our campuses. The extra service needed, if any, from this side is readily available, sports being close to my heart.

I request you to discuss the DO with your PETs, Sports Coaches and others, draw up the plan for advancement of sports and execute it, under intimation to me. Also, I request to mail me the action taken report on the subject within three days.

Yours sincerely,

(ISAMPAL)

Deputy Commissioner

The Principal  
Kendriya Vidyalayas  
Bhopal Region

Copy to the Assistant Commissioners, KVS, Regional Office, Bhopal for monitoring and reporting.