



केन्द्रीय विद्यालय संगठन

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KENDRIYA VIDYALAYA SANGATHAN  
क्षेत्रीय कार्यालय / **BHOPAL REGION**

E.Mail: [acbhopal@yahoo.com](mailto:acbhopal@yahoo.com)

Phone: 2550728 (DC)  
2551678 (ACs)  
2551699 (AO/FO)  
Fax: 0755-2553126

Opp. Maida Mills  
Bhopal-462011

ISAMPAL  
DEPUTY COMMISSIONER

F.DO/2014 /KVS(BPL)

Dated: 26/03/2016

Dear Teacher (Physical Education),

Season's Greetings,

I hope you have been doing your best. Your targets with a gold in the SGFI have been hopefully set for the current year. I pray that you are able to achieve these. I give you few tips :

- i) Make your targets worthy. Make these public. Write these down and paste them on the wooden board and put it up along side the academic targets board of the Vidyalaya. When you make your targets public and when you talk about these several things happen. People around will help re-affirm your targets. Talking about these may lead you to someone recommending you to the great sports experts near around. It also creates a cheer team for you. For example when they meet you again, they may ask, 'how are your games going about?'
- ii) You should decide how you will know if you are nearer the target. Create a record book diary so that you know how far you have come in your pursuit. You may recreate your sports room and provide it with large size photos, write ups, charts and CDs about the outstanding sports men and women at various levels like national and international events, and inspire the students.
- iii) At regular intervals you should take stock of progress or lack of it. Seek feedback from others like teachers, students, coaches, parents. Receive the feedbacks positively.
- iv) Seek professional help from teachers or mentors. Find out how you can make progress that you are happy with.

If you run through the said steps you will find that you are on your way to triumph.

You may carry your targets made for the year while attending one day meeting here on 01.04.2016 , and submit it with Dr.(Mrs.) B. Kaur, Assistant Commissioner KVS, RO, Bhopal .

Wishing you all the best,

Yours sincerely,

(Isampal)

Copy to :-

01. The Principals, KVs of KVS, Regional Office, Bhopal with the request to extend all possible help to PETs for the needful. They may handover the DO to them and may quickly send the action taken report.
02. The Assistant Commissioners, KVS, RO, Bhopal for necessary monitoring and reporting.