



केन्द्रीय विद्यालय संगठन ,गुवाहाटी संभाग

KENDRIYA VIDYALAYA SANGATHAN

GUWAHATI REGION



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KVS Guwahati Region



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KVS Guwahati Region E-Newsletter 2022-2023

E-NEWSLETTER ON SPORTS ACHIEVEMENT & DEVELOPMENT OF SPORTS INFRASTRUCTURE IN THE REGION



KVS RO Guwahati has always been focusing on the development of Games & Sports & better performance of the Region to achieve better results at the National Level Sports Meet. For the all-round development of students Games & Sports play a tremendous role. Especially after the COVID-19 pandemic, the need for Games & Sports & physical exercise have become more relevant to maintain physical fitness. KVS RO Guwahati decided to focus on the development of sports infrastructure at different KVs to help students in more productive physical activities.

Sports Infrastructure

Sports infrastructure is vital for the growth and expansion of sports in India and KVS is committed to provide sports infrastructure to the students. Many KVs especially after the COVID-19 pandemic, have developed their sports infrastructure to meet the sporting needs of the students.



New Basketball Court under construction at KV AFS Digaru



New Volleyball Court at KV HPCL Jagiroad



New Basketball Ring Board at KV AFS Borjhar



New Badminton Court at KV Lumding

Benefits of regular physical activity

If you are physically active, you will be able to:

1. Reduce your risk of a heart attack.
2. Manage your weight better.
3. Have a low blood cholesterol level.
4. Lower the risk of type 2 Diabetes and some cancers
5. Have low blood pressure
6. Have stronger bones, muscles and joints and lower risk of developing osteoporosis.
7. Get help in academic growth.
8. Feel better – with more energy, a better mood, feel more relaxed & sleep better.



Procurement of TT Tables by KV NFR Rangiya



Installation of Children Park at KV CU Tezpur



Concrete Cricket pitch at KV Panbari



Procurement of new Taekwondo Mats at KV New Bongaigaon

“Somebody gives you an opportunity, say yes to it. So what if you fail? you won't know if you fail or succeed unless you try.”

—Ann Meyers

CHECK YOUR WAIST-HIP RATIO (WHR)



New Archery Aim Boards at KV ONGC Sivasagar



New Football Posts at KV IOC Noonmati



Open Gym at KV CRPF Amerigog



Open Gym at KV Narangi

"If at all in human life there is any aspect that can enrich the mind, body and spirit in an integrated way, it is sports and games." Dr. Avul Pakir Jainulabdeen Abdul Kalam

26" → Waist Circumference
 ÷ 32" → Hips Circumference
 .8125 → WHR



Open Gym at KV Khanapara



New Kabaddi Mats at KV Misa Cantt.

SCORES		
MEN	WOMEN	RISK LEVEL
Less than 0.90	Less than .85	Low Risk of Metabolic Complications
Between 0.90 & .95	Between 0.85 & 0.90	Moderate Risk of Metabolic Complications like Diabetes, Stroke, Heart Disease etc.
Above 0.95	Above 0.90	High Risk of Metabolic Complications like Diabetes, Stroke, Heart Disease etc.



Kabaddi Court at KV Mangaldoi.



Badminton (Practice) Court at KV NFR Maligaon

RSM 2022

In 2022, KVS RO Guwahati conducted the Regional Sports Meet with zeal & enthusiasm as it was the first Regional Sports Meet after the Covid-19 pandemic. Hence, it was very special. A total of 16 KVs were given the opportunity to conduct the Regionals. A total of 2492 students from different KVs participated in the meet. 525 students from our Region took part in the 51st KVS NSM 2022. The RSM 2022 was a grand success in terms of participation & performance. The highest number of participants from a school was from KV NO. 2 AFS Tezpur . Moreover, 143 students participated in the RSM 2022 out of which 46 students got selected for NSM.



NEP-2020 on Sports

Sports-integration is another cross-curricular pedagogical approach that utilizes physical activities including indigenous sports, in pedagogical practices to help in developing skills such as collaboration, self-initiative, self-direction, self-discipline, teamwork, responsibility, citizenship, etc. Sports-integrated learning will be undertaken in classroom transactions to help students adopt fitness as a lifelong attitude and to achieve the related life skills along with the levels of fitness as envisaged in the Fit India Movement. The need to integrate sports in education is well recognized as it serves to foster holistic development by promoting physical and psychological well-being while also enhancing cognitive abilities.

"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair."

-Nelson Mandela



Honourable Prime Minister had launched the FIT INDIA Movement on 29th August 2019 with a view to make physical fitness a way of life. FIT INDIA Movement aims at behavioral changes – from a sedentary lifestyle to the physically active way of day-to-day living. KVS has directed all the KVs to actively participate in this mission. Guwahati Region has been actively participating in Fit India School Week & also in activities like Plogging run.

FIT INDIA SCHOOL WEEK

Fit India School Week was conceived in 2019 with the immediate need of creating awareness about fitness not limited to children but also their parents, teachers, and school staff. In this campaign, school fraternities across the country are encouraged to celebrate 4 to 6 days in a week to promote a healthy and active lifestyle by indulging in various activities such as debates, quiz, essay writing, poster-making competitions, yoga and meditation, pledge of fitness, indigenous sports etc.

The 1st edition of Fit India School Week was celebrated in the 3rd week of November 2019 as Fitness Week in partnership with the Ministry of Education. More than 15,000 schools participated in the 1st edition of Fit India School week.

In the 2nd edition, Fit India school week was conducted from December 2020 to January 2021. More than 4.3 lakh schools celebrated the Fit India school week across the nation. Fitness activities such as yoga, free hand exercises, painting, debates, symposiums, etc., were part of this edition.

The 3rd edition of Fit India School week was organized from November 2021 to January 2022. The Fit India School Week witnessed more than 4.5 lakh participants across from all over India. Activities like Yoga, Dance, Debates, Symposiums, Lectures etc. were the part of the celebration in Fit India School Week.

The 4th edition of Fit India School Week was organized from 15th November to 31st January 2023. Schools can select any week within this window for School Week Celebrations. Additionally, all schools were encouraged to celebrate their annual sports day during Fit India School Week from this edition.

CHECK YOUR BODY MASS INDEX



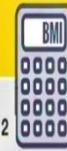
BMI Formula

METRIC

$$\text{BMI} = \text{weight (kg)} / [\text{height (m)}]^2$$

IMPERIAL

$$\text{BMI} = 703 \times \text{weight (lbs)} / [\text{height (in)}]^2$$



FITNESS KA DOSE AADHA GHANTA ROZ

“The important thing in the Olympic Games is not winning but taking part. Just as in life, the aim is not to conquer but to struggle well.”

-Baron Pierre de Coubertin
Founder of the modern Olympic Games .

KV MISA CANTT

KV Misa Cantt is extremely fortunate to get the opportunity to prepare a Newsletter on Sports, highlighting the different activities related to sports & infrastructure development in Guwahati Region in the last few years. A few activities which our Vidyalaya conducted in 2022-23 were Cluster Level Football Tournament for boys, Regional Level Kabaddi Meet for both boys & girls & Coaching Camp for U-14 Boys & Girls & U-17 Girls for KVS NSM 2022.



The celebration of International Day of Yoga was introduced by our honourable Prime Minister, Shri Narendra Modi. It aims to provide mental health fitness, physical health fitness of mind, body and soul. It also rejuvenates our body and keeps us calm. KV Misa Cantt observes this day with much enthusiasm, and many activities take place in school along with parents and students.



U-17 Cluster Level Football Meet



Oath Taking ceremony in Girls Kabaddi RSM 2022



Kabaddi Boys RSM 2022



Games during Fit India Week

A few achievements of KV Misa Cantt in 2022-23

1. Second Position in U-17 Boys Cluster Level Football Meet.
2. Second Position in U-17 Boys Regional Level Kabaddi Meet.
3. First Position in U-14 Girls Regional Level Kabaddi Meet. In 2022 Misa Cantt. won the U14 Girls Kabaddi for 3rd consecutive time.
4. First Position in U-14 Boys Regional Level Kabaddi Meet.
5. First Position in U-17 Girls Regional Level Kabaddi Meet.
6. Guwahati Region secured 2nd in NSM U-17 Girls Kabaddi. 8 out of the 11 girls were from KV Misa Cantt.
7. Chandrani Bhattacharyya of Class 7 secured 3rd in U-14 Girls Table Tennis in the 51st NSM.
8. A total of 67 students participated in RSM 2022 & 43 students out these got selected for NSM 2022.



First ever U-17 girls Kabaddi team which won a medal in the 51st KVS NSM-2022. 8 out of the 11 girls were from KV Misa Cantt. As Contingent Manager, Smt. Deepa Devi Nath, Principal, KV Namrup at the centre & Smt. Rosy Chetri, TGT-SST, KV Misa Cantt. Escort Teacher on the left.

“Life is just like a Game, first you have to learn the rules of the game, and then play it better than any one else”.

Albert Einstein

“The man who has no imagination has no wings.”

—Muhammad Ali—

WINNERS OF KVS GUWAHATI REGION



**PARENTS' CONTRIBUTION ON DEVELOPMENT
OF PLAYGROUND UNDER VIDYANJALI SCHEME
AT KV RANGIA**



ACHIEVMENT OF KVs of GUWAHATI REGION

SN	Name of the KV	No. of students participated in RSM	No. of students participated in NSM
1	210 CoBRA CRPF Dalgaon	21	1
2	(CRPF) AMERIGOG	52	13
3	BARPETA	46	1
4	BOKAJAN	15	0
5	AFS BORJHAR	93	30
6	AFS DIGARU	100	35
7	DIPHU	33	7
8	DOOMDOOMA	51	1
9	GERUKAMUKH	51	5
10	GOALPARA	7	2
11	GOLAGHAT	13	6
12	HAFLONG	24	1
13	IIT GUWAHATI	68	6
14	IOC NOONMATI	63	4
15	JAGIROAD	56	29
16	AFS JORHAT	125	8
17	ONGC JORHAT	83	13
18	RRL JORHAT	76	3
19	KHANAPARA	93	22
20	KHATKHATI	12	4
21	KOKRAJHAR	55	2
22	LOKRA	112	28
23	LUMDING	66	9
24	NFR MALIGAON	90	31
25	MANGALDOI	47	5
26	MISA CANTT.	67	43
27	MISSAMARI	78	7
28	NAGAON	59	15
29	NAMRUP	58	17
30	NARANGI	85	11
31	ONGC NAZIRA	44	20
32	NEW BONGAIGAON	78	10
33	NORTH LAKHIMPUR	83	11
34	PANBARI	17	3
35	NFR RANGAPARA	17	1
36	RANGIYA	42	2
37	ONGC SIVASAGAR	79	37
38	TAMULPUR	58	2
39	TEZPUR NO.1	110	33
40	AFS TEZPUR	143	46
41	CU TEZPUR	19	3
42	UDALGURI	1	0
		2490	527

Games and Sports in schools play an important role in the physical, mental, and social development of students. Physically, they help in improving fitness, coordination, and overall health. Mentally, they enhance skills such as teamwork, leadership, and strategic thinking. Socially, they promote cooperation, sportsmanship, and the development of friendships. In addition, participating in games and sports can boost self-confidence, reduce stress, and improve academic performance.

However, balancing both sports and academics can be challenging, especially for students who are passionate about both. It requires a lot of dedication and hard work, but the rewards are worth it. Participating in sports can enhance academic performance by promoting focus, self-discipline, and a positive attitude. Furthermore, sports can also provide opportunities for students to earn scholarships and gain recognition, which can help further in their education and career prospects.

Education plays a crucial role in promoting physical fitness as it provides students with a deeper understanding of the human body. This knowledge helps students in their physical activities and in sports.

In conclusion, sports and academics are both essential for a well-rounded education and successful future. Both can benefit each other and contribute to personal growth and development. By balancing both, students can gain a holistic education and lead fulfilling, healthy, and productive lives.

Guwahati Region has been able to perform remarkably better in 51st NSM 2022 than the last NSM which was held in 2019. A brief comparison of performance of the Region has been furnished below:

Comparison of Sports Performance	50TH KVS NSM, 2019-20	51ST KVS NSM, 2022-23
TOTAL PARTICIPANTS REGIONALS	2164	2492
TOTAL BOYS PARTICIPATED IN RSM	1500	1586
TOTAL GIRLS PARTICIPATED IN RSM	664	906
TOTAL STUDENTS SELECTED FOR NATIONALS	468	525
TOTAL BOYS PARTICIPATED IN NSM	295	305
TOTAL GIRLS PARTICIPATED IN NSM	173	220
TOTAL MEDALS WON (GOLD, SILVER & BRONZE)	105	133
TOTAL TEAM MEDALS GOLD	5	7
TOTAL TEAM MEDALS SILVER	3	15
TOTAL TEAM MEDALS BRONZE	2	6
TOTAL POINTS EARNED	273	322
TOTAL KVs WON CASH PRIZE	19	29
TOTAL CASH PRIZE WON	862000	1086000

POINTS & POSITION

50TH KVS NSM 2019-20			51ST KVS NSM 2022-23		
REGION	POINTS	POSITION	REGION	POINTS	POSITION
DELHI	98	1	JAIPUR	74	1
MUMBAI	72	2	BENGALURU	72	2
JAIPUR	66	3	CHENNAI	68	3
PATNA	50	4	DELHI	66	4
VARANASI	46	5	GUWAHATI	50	5
AGRA	44	6	HYDERABAD	40	6
BENGALURU	42	7	AGRA	36	7
CHENNAI	38	8	KOLKATA	36	7
GUWAHATI	34	9	VARANASI	36	7
HYDERABAD	32	10	GURUGRAM	34	8



“Citius, Altius, Fortius – Communiter”

“The key to handling pressure situations like these is to keep yourself steady, follow your instincts and think clearly.”

— Sachin Tendulkar —

Playing It My Way: My Autobiography