

## Sports Achievements (2019- 2020)

The students' achievement in the field of sports and games stands as a testimony to the holistic development which the Educators at SVISG aim for- keeping in accordance with the vision and mission of the school. The school has motivated the girls and given support to the players who excelled in their performances at the state and national levels. The physical education classes aims at developing the physical fitness, sports and yoga culture in the school.

As part of the Sports report for 2019-2020 the following are the highlights of the various achievements by SVISG girls at International, National, State and Zonal Levels.

### International Level

- **Judo:**
  1. **JyotiTokas XII D** represented India in the **World Championship Cadets 2019** held at Kazakhstan on 25<sup>th</sup> Sep. 2019 and was also ranked **5<sup>th</sup> place in Asia-Oceania Cadet Championships 2019** held in Taipei, China on 27 Jul 2019.
  2. **TanishthaTokas of X B** represented the country in the **Commonwealth Judo Championship 2019 held at England** from 25<sup>th</sup> to 29<sup>th</sup> Sep. 2019 and was ranked 5<sup>th</sup> position.

### National Level Achievements

- **Judo:**
  1. The **SGFI National Judo competitions** were held from 17/11 to 22/11/2019 in Gujarat for the junior category in which **TanishthaTokas of X B** won the Gold medal. Tanishtha also won **Gold in Khelo India Youth Games 2020** on held at Guwahati on 14<sup>th</sup> Jan.2020.
  2. **JyotiTokas XII D** won the **Gold medal in SGFI National Judo** competitions in the senior girls category held at Delhi from 19<sup>th</sup> to 21<sup>st</sup> Nov. 2019
  3. **Jivika Tokas** class VI represented Delhi in the **SGFI National Kurash competitions** held at Delhi on 4<sup>th</sup> Jan. 2020. and won a **Bronze medal** for the State.
- **Boxing:**
  1. **YashikaTokas** class X D won a **silver medal** in the junior girls **SGFI national Boxing championship** held at Delhi from 18/11 to 21/11/2019.
  2. **Manasvi Tokas** class IX B won **bronze medal** in the junior girls **SGFI national Boxing championship** held at Delhi from 18/11 to 21/11/2019 and **CBSE National Boxing Championships** held at Haryana.
- **Archery:**
  1. **Devanshi** of class X B won a bronze medal in **SGFI national Archery championship** held at Ujjain, M.P. from 24.12.2019 to 28.12.2019.

### State Level - Zonal CBSE (2019) and Inter zonal Meets

1. **CBSE Zonal Archery Championship:** (6/9/2019 to 8/9/2019) **Devanshi XB** bagged 3<sup>rd</sup> position and **qualified for National CBSE Archery championship.**
2. **CBSE Zonal Chess Championship:** (16/9/2019 to 19/9/2019)  
**SAANVI SINGH IXA, AKSHITA SHARMA VIII C, BHARTI BHATTI VIII C, PRAKRITI GROVER VIII B** the U-14 team were declared **champions of CBSE Zonal Chess championship** and **qualified for the Nationals.** **Akshita Sharma** also bagged the **Board prize** in the event.
3. **CBSE zonal Boxing Championship:** (4/10/2019 & 6/10 2019)  
**Manasvi Tokas IX B** Gold Medal and **Yashika Tokas X D** Silver medal and qualified for CBSE Nationals.
4. **CBSE Zonal Judo Championship:** (4/10/2019 to 7/10/2019)  
**Jyoti Tokas XII D** and **Tanishtha Tokas X B** bagged the first position to **qualify for the Nationals,** while **Jivika Tokas VI D** won bronze in the same event.
5. **CBSE Delhi cluster Athletic Meet :** (12/10/2019 to 14/10/2019)  
**Deepali IX A** won **Gold medal in Long Jump event** and **qualified for National CBSE Athletic meet** to be held at Raipur. The Under-17 team won the bronze medal in 4x100 relay event.
6. **Inter Zonal Athletic Meet:** (14/11/2019 – Chatrasal Stadium)  
**Deepali IX A** won a **silver medal in Long Jump event at the Inter Zonal Athletic Meet** qualifying for Training camp of SGFI national Athletics.
7. **Balwant Kaur 11 D** was selected to represent the CBSE Welfare sports organization in the **SGFI National Athletic meet** held at Sangrur, Punjab from 11<sup>th</sup> to 15<sup>th</sup> Dec. 2020

### Zonal Level DOE Zone -19 Sports Achievements

#### **Zonal Athletic Meet 3/9/19 & 4/9/19**

#### **Senior Girls:**

1.	Riyansha Verma	XII A	Long Jump	Gold
			100 Mts.	Silver
			200 Mts.	Bronze
2.	Balwant Kaur	XI D	400 Mts.	Gold
			200 Mts.	Silver
3.	Shobhna	X B	100 Mts.	Bronze
4.	Lavanya Dhaiya	XII A	Shot Put	Gold
			Discuss	Gold
			Javelin	Silver
5.	Team		4x100 relay	Gold
			4x400 relay	Gold

### Junior Girls:

1. Deeplai	IX D	100 Mts. 200 Mts. Long Jump	Gold Gold Gold
2. Purnima	IX B	100 Mts.	Bronze
3. Manasvi Tokas	IX B	1500 Mts. 800 Mts. 400 Mts.	Gold Silver Silver
4. Moina	IX	Shot Put Discuss Javelin	Gold Gold Silver
5. Yashika Tokas	X D	Shot Put	Bronze
6. Team		4x100 relay	Gold

### Sub juniors

1. Team 4x100 relay Silver

**SVISG defended the overall championship trophy for this session also in the Zonal Athletic Meet.**

**1. Zonal March Past competition (24/10/2019):**

**First position** and selected to represent the Zone in Inter zonal Competitions.

**2. Zonal Hand ball Tournament: (16/11/2019)**

The junior team of SVISG was selected to represent the zone in the **Inter zonal Hand ball tournament.**

**3. Zonal Volleyball Tournament: (27/7/2019 to 30/7/2019)**

Senior Team - **Second position**

Sub-junior team - **Second Position.**

**4. Zonal Badminton tournament 22/8/19 & 23/8/ 19**

Senior Girls - **Second Position**

Sub-Junior Girls - **Second Position**

**5. Zonal Throw ball Tournament 6/9 /19 to 9/9/19**

Senior Girls - **Third Position**

Junior Girls - **Second Position**

Sub-Junior Girls - **Second Position**

**Zonal yoga competition (3<sup>rd</sup>september 2019)**

**Seniors**

1. akshunatanwar 11c Individual Gold
2. devika Individual Silver
3. sneha Sharma 12A Artistic Gold
4. akshunatanwar 11c Rhythmic Gold

**Juniors:**

1. VidhiTanwar 10B	Individual	Gold
2. HarshitaSuneja 10B	Individual	Gold
3. JiyaSatija	Individual	Bronze
4. HarshitaSuneja 10B	Rhythmic	Gold

**Sub juniors:**

1. Aditi Negi 7C	Individual	Silver
2. Deepti Negi 7A	Individual	Bronze
3. PriyanshiKathait 8C	Individual	Gold
4. Jiya 7C	Artistic	Gold
5. Jyoti Sharma 7A	Rhythmic	Gold

**Organizing 'Fit India Week'**

After the launch of Fit India Movement on August 29<sup>th</sup> 2019 the school had organized many activities to promote the movement and participated in the Fit India week activities every month.

S. No.	Date	Name of Activity Conducted/ Organized	Number of Students participated	No. of Teachers participated
1	25 <sup>th</sup> to 30 <sup>th</sup> Nov.2019	YOGA For Fitness	1480	60
7	2 <sup>nd</sup> & 4 <sup>th</sup> Dec. 2019	SKATING, TAEKWON DO, AEROBICS AND GARDENING	1400	-
8	9 <sup>th</sup> & 10 <sup>th</sup> Dec.2019	SADHU VASWANI Interschool VOLLEYBALL TOURNAMENT	8 teams	-
3	13/12/2019	AWARENESS ON HEALTH AND NUTRITION	1240	55
4	11 <sup>th</sup> to 16 <sup>th</sup> Dec. 2019	TRADITIONAL AND INDEGINIOUS GAME	480	-
5	17/12/2019	FREE HAND EXERCISES	1240	60
7	20/12/2019	Workshop on KHELO INDIA ASSESSMENTAPP.		80
6	23/12/2019	CROSS COUNTRY RUN	540	10
9	27/12/2019	INTER HOUSE MATCHES (volleyball & Badminton)	800	-
10	27/1/2020	Cross Country Run	350	5
11	28/1/2020	Aerobics for Primary School Students	600	25
12	29/1/2020	A Session of Indigenious Games	250	-
13	30/1/2020	Khelo India Assessment App:	1480	60
14	31/1/2020	Mass PT for Middle and Senior School students	800	40