**SPORTS & GAMES**

In the field of Sports and Games also the achievements of our students are commendable.

In the 50th KVS Chennai Regional Sports 2019 held in April, 67 boys and 59 girls participated. Our school boys won the overall championship in athletics apart from winning 15 Gold, 7 Silver and 5 Bronze Medals. In other events, the students won 15 Gold, 8 Silver and 17 bronze Medals.

In KVS National Sports Meet 2019 held in the month of June & July 2019, 17 boys and 7 girls participated in Athletics, Swimming, Shooting, Kabbadi, Chess & Teakewondo and won 6 Gold, 10 Silver and 2 Bronze medals.

In KVS National Sports Meet 2019, our students won a cash award of Rs.1,06,000/- in various competitions by winning medals. 8 students of our Vidyalaya Mast. M. Abhishek, Class XII, Mast. J.Sivabalan, Class XII and Kum.J. Sangavi, Class XI in Athletics, Mast.S. Tharun Kumar, Class VII , Kum.Arpitha P Pillai, Class VI, Mast.A. Arokia Melvin, Class XI and Mast.B.Shriman, Class X in shooting and Mast. P.R. Chandru, Class XII in swimming qualified for the SGFI 2019 and participated.

 Yoga is an integral part of the curriculum and finds a place in the morning assembly. A trained yoga teacher has been employed on part time contractual basis to train the students in Yoga by assigning separate yoga period for every class. The school observes the international Yoga day every year on 21st June with full fervour and zeal. Yoga relieves stress by calming the mind, boosts concentration and fosters good health.