

# A Holistic Approach to Physical Education: Sports Development Benchmark Visit and Workshop

Pune, Maharashtra | 10<sup>th</sup> October, 2024



On Thursday, 10<sup>th</sup> October 2024, from 3:30 PM to 5:00 PM, a sports workshop was conducted at B.K. Birla Center for Education School, Shirgoan. The session was led by Mr. Nageshwar Rao, Head of the Sports Department (HOD), and attended by four of our sports faculty: Mr. Ramesh Nandal, Mr. Mahesh Nalawade, Mr. Ankit Tambe, and Mrs. Guari Utture. The workshop focused on various aspects of integrating and improving sports and physical education within the school framework.

The workshop began with a warm welcome and introductory session, setting a collaborative tone for the discussion.

Participants discussed the extensive sports programs conducted at the school, which include 22 different games and activities. The institution is equipped with grounds dedicated to each sport, and an upcoming squash court project was highlighted, reflecting the school's commitment to expanding its infrastructure.

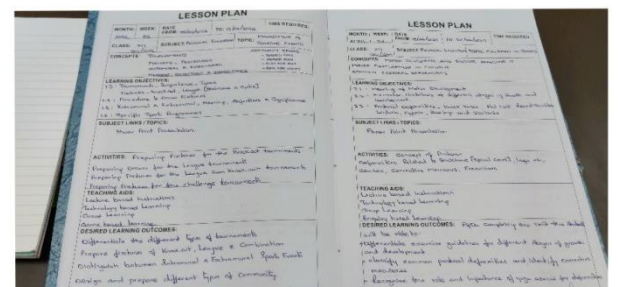
YEAR	AMINO	NAME OF STUDENT
1998-99	98031	MILIND GHADGE
1999-00	98031	MILIND GHADGE
2000-01	98031	MILIND GHADGE
2001-02	98031	MILIND GHADGE
2002-03	99172	HARSH PODDAR
2003-04	99143	HARSH PODDAR
2004-05	02116	MUKUL SONI
2005-06	01995	KIRWAR DALAL
2006-07	04275	KESHAV WARD
2007-08	02028	AMAY RASHAVAN
2008-09	05548	HARSHVARDHAN JAIN
2009-10	06127	VARUN SHANSHRI
2010-11	05073	DEVIKAM CHOUGHARI
2011-12	04668	DHIRUV KHADEPALIN
2012-13	04668	DHIRUV KHADEPALIN
2013-14	09068	SHRIHAI PATEL
2014-15	07008	MIKHIL BOLAPRAGADA
2015-16	12165	VIGNESH SHAMBHAG
2016-17	12008	SHIVANSHI MEHKA
2017-18	10024	SUDARSHAN WOOD
2018-19	15088	SAINTAM ARORA
2019-20	15085	RAJNIDHA SINGBHARA
2020-21	19148	ADITYA MANKAR
2021-22	19149	AKSHAT SINGH
2022-23	15050	CHIMUTI PISHARVASHI
2023-24	18020	RAV MILIND PATIL



A structured timetable for PE classes was outlined to ensure comprehensive physical education:

1. Grades III to V: Two PE classes per week.
2. Grades VI to IX: Three PE classes per week, including one theory and two practical sessions.
3. Grade X: Physical Education (P.A.T.) subject with CBSE code 418, divided into 50 marks theory and 50 marks practical.

As a residential school, the daily routine emphasises fitness and wellness: Early morning fitness training and team practice sessions are conducted from 05:30 am to 06:30 am from Monday to Saturday. Following this, morning assemblies include a 15-minute meditation session to promote mental well-being. Then, an evening specialised coaching is held from 04:00 pm to 05:30 pm, with expert part-time coaches. This apart, audio-visual sessions are incorporated into PE theory classes for better engagement and understanding.



Further, the school maintains detailed records through annual and monthly hardcopy logs, which are systematically updated weekly. Swimming is mandatory for all students, ensuring holistic physical development and water-safety skills.

The school also actively participates in various competitions: Zilla Parishad (ZP), CBSE, and IPSC (Indian Public Schools Council): They prioritise IPSC competitions, as winners directly qualify for SGFI (School Games Federation of India). The transportation for ZP competitions is provided by the school, while CBSE competition expenses are shared between parents and the school. The school covers costs for one coach and one manager.

A dedicated support staff member is responsible for maintaining sports equipment and an updated daily logbook. An annual student council is formed, and a house point board is maintained to encourage healthy competition and active participation among students.



PE teachers receive a sports uniform quarterly as part of the school's efforts to foster professionalism and unity.



The workshop demonstrated B.K. Birla Center for Education School's commitment to promoting physical education through a well-rounded approach. From structured timetables and advanced facilities to meditation sessions and expert coaching, the school emphasises holistic growth. The discussions during the workshop served as a roadmap to further strengthen the school's sports and fitness initiatives.