

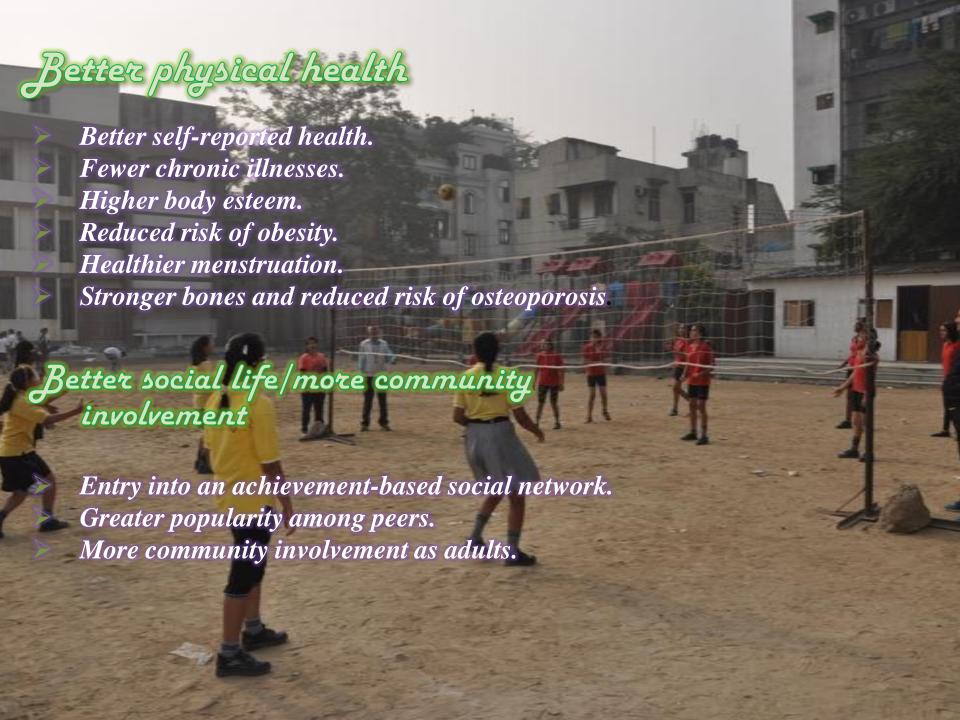


It never gets easier, u just get better...



"I think families need to believe in their daughters, let them follow their dreams and let them go out into the world. Daughters need to what they want to do, what would be the right way of doing it and then proving that I Can Do It."

- Mary Kom



Better emotional/psychological health

- Higher self-esteem.
- > Better self-image.
- > More self-confidence.
- > Lower rates of depression.

Better grades in school

Are better at organizing, setting priorities, and budgeting time.

在就在此红红红

- > Perform better in math and science.
- > Have a lower dropout rate.

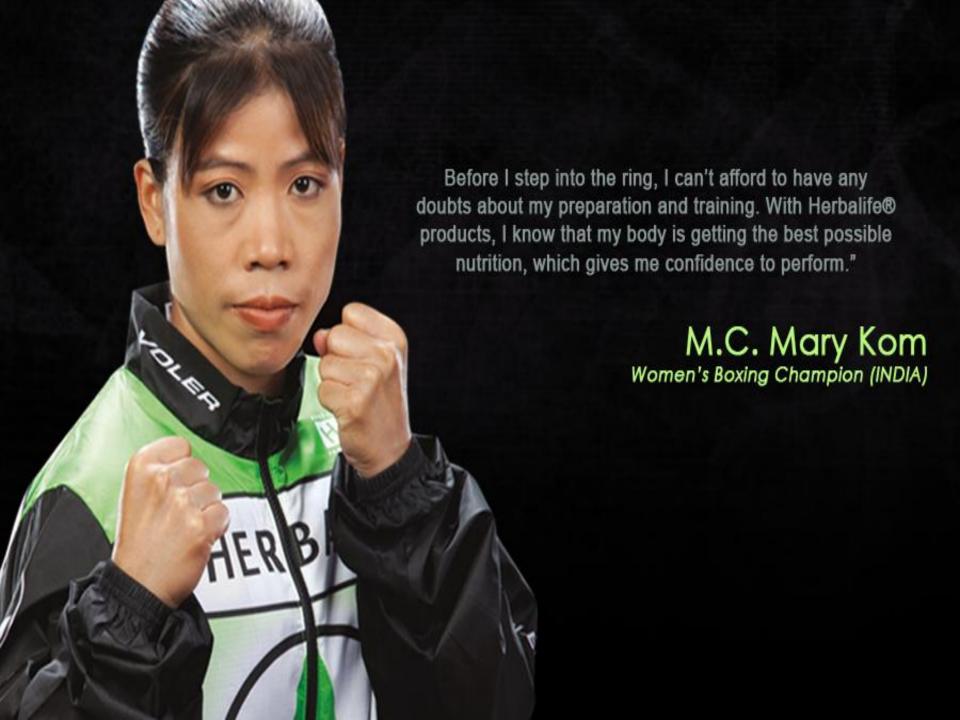


- 1. Family
- 2. Social
- 3. Psychological
- 4. Physiological
- 5. Sport equipment and facilities
- 6. Financial problems
- 7. Problems arising because of the government
- 8. Physical education and coaching related problems
- 9. Problems developed due to selection committees.
- 10. Less Media Coverage
- 11. Lack of female persons as person as sports person
- 12. Less number of women coaches









INDIAN WIZARDS

Sportswomen bringing laurels to the nation has not just been a matter of pride for Indians but also encouraged girls to break the gender stereotypes and take up sports. Here are some Indian sportswomen who are currently making India proud.

1. Sania Mirza

Her maiden women's doubles Grand Slam title at Wimbledon earlier this year and two other doubles titles prior to her win with Martina Hingis has established Sania Mirza as the most dominant female Indian athlete in the country. She is currently at a career-best No 1 WTA rank in doubles, the first Indian female to achieve the feat.

2. Saina Nehwal

Saina Nehwal is the first women in India's sporting history to reach the World No 1 rank in Badminton.

4. Mithali Raj

She is the first woman from India and Asia to score a double hundred in Tests. She held the record for the highest score in Women's Tests - 214 against England, 2002 - that stood for 19 months.

5. PV Sindhu

This 19 year old became the first Indian women to win a medal in World Badminton Championships, in 2013.

6. Arunima Sinha

This 27 year-old is first Indian amputee to climb the Mt. Everest. A former national football and volleyball player, she lost her leg after she was pushed from a running train while resisting an attack from thieves in 2011.

7. MC Mary Kom

She has been the poster child for Indian woman in sports for a long time now. The five time world champion has proved that a sportswoman's career need not be bogged down by pressures of family commitments.

Overcoming all the barriers our school focuses only on girl's development and let students participate in various games like handball, khokho, basketball, throwball, volleyball etc. School provides equal facilities to the girls and strongly support inequality. With the motto of PM Narendra Modi "our school organised Sports Day with the same theme. That included Rally to spread the message.





Somewhere behind the athlete you have become and the hours of practice and the coaches who have pushed you is a Little girl, who fell in love with the game and never looked back... PLAY FOR HER-MIA HAMM

"You may get skinned legs and elbows, Its worth if you score a spectacular goal"

Fitness is not a destination, It's a way of life....