

According to Theodore Hesburgh, author of "The Importance of School Sports and Education," it is imperative for school age children to have access to sports and games. Not only does it empower youth and promote higher self-esteem, it also motivates students, enables them to earn better grades. Numerous physical benefits include maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy lifestyle in and after schooling. The school boasts of providing the following facilities:-

- **Cricket**
- **Basketball**
- **Lawn Tennis**
- **Volleyball**
- **Badminton**
- **Swimming pool**
- **Table Tennis**
- **Taekwondo**
- **Yoga**

