Sports are the epitome of hard work and dedication. To get to the pinnacle of their sport, even the most naturally gifted athletes do give it their all.”

Sports and Games are an integral part of school life at OPJMS. The spirit of endurance, indomitable will, determination to win, strength of nerve and perseverance have made winning a habit for each OPJMSian. Active participation in various games enables students to chisel their characters in a much desired way imbibing lasting values, discipline and efficiency. It helps them to unveil their true potential apart from physical fitness which is essential for proficiency in any field.

The excellence and mastery which is an outcome of continuous efforts and hard work is well reflected through the achievements and accolades received by the students at various levels in the field of sports and games. Here is a glimpse of their journey:

**Football**

Football mania once again caught up with OPJMSians and OPJMS Football Team (U-19 Boys) ensured that their feverish and conscientious efforts to strike the ball into goal must entail unrivalled victory for them in the CBSE Cluster XIV Football Tournament at Sarasukh Memorial Public School, Mohinder garh from 4 to 8 October 2013. OPJMS team reached upto quarter finals.

Nishtha’s (class X) deft moves and her skill proved that it is not the will to win that matters everyone has that. It’s the will to prepare to win that matters as she bagged gold medal in the 6th Swami Vivekanand PYKKA National Level Rural (Football) Competition organized by the Sports Authority of India at Ranchi, Jharkhand from 10 to 13 March 2014.
Archery

Archery requires single-minded piety, sharp reflexes and unwavering concentration and these qualities transform a skilled archer's dream into reality and write glory to his name. Deven of class X, a budding archer, proved worthy of his Alma mater's faith in his skills of archery by clinching silver medal in the Haryana State School (Archery) Games (State Level) 2013 held at Shahid Bhagat Stadium, Sirsa from 7 to 10 October 2013.

Deven of class XI-D was selected for sports scholarship by the Governor of Haryana under SPAT, Play for India scheme.

Deven and Vishal of class XI represented Hisar team in Haryana State Archery Championship organized by Haryana State Archery Association at Nehru Stadium, Gurgaon from 1 to 3 August 2014. The team bagged first prize and Deven bagged bronze medal in Individual Event, corroborating the fact that continuous efforts - not strength or intelligence - is the key to unlocking anybody's potential.

Swimming

Swimming through hurdles to perfection is ascribed to high level of endurance of body, mind, and soul which is rare in any other athlete than a swimmer. Mansa Bhalla of class IX synthesized her conviction and unyielding spirit to give a crushing defeat to her opponents by bagging Gold Medal in 50 meters Butterfly and Silver Medal in 100 meters Butterfly stroke in U-17 Girls Category in Haryana State School (Swimming) Games (State Level) 2013 held at Sirsa from 7 to 10 October 2013. Harshita of class VII won silver medal in both 400 meters and 200 meters Free style U-17 Girls Category.
Hockey

Reviving the sport of Hockey that was relegated to the background and bringing nation’s pride to the fore after a long period of dormancy, five students of OPJMS participated in U-17 Boys category in the Haryana State School (Hockey) Games (State Level) 2013 held at Sirsa from 7 to 10 October 2013.

Table Tennis

The budding sports stars of OPJMS have been sweating their brow and are willing to go an extra mile to upgrade the status of sports not only in the school but also in the country and continue trying to refine their skills even in those sports which do not enjoy fanfare. OPJMS Table Tennis Team (U-14 and U-16 Boys) participated in the CBSE Cluster XIV Table Tennis Tournament 2013 at Delhi Public School, Panipat City from 15 to 19 October 2013. U-16 Boys team reached up to Quarter Finals.

School Table Tennis team participated in the CBSE Cluster XIV Table Tennis Tournament held at Sonepat from 28 to 1 Oct 2014. U-14 Girls team and U-16 Boys team secured fourth position.
Yoga
Yoga is the unifying art of transforming dharma into action, be it through inspired thought, properly nurturing our children, a painting, a kindness or an act of peace that forever moves humanity forward.

Deepika of class IV secured first position in the age group of 8-11 years in the Yoga (Girls) Competition organised by Haryana Yoga Association at Rohtak from 19 to 20 October 2013. She was selected for National Competition.

Rakesh of Class VIII won first prize in the District level Yoga Competition in the age group of 12-15 years (Boys) organized by sports and Youth Affair Government of Haryana held at Mahavir Stadium, Hisar on 22 November 2013. Deepanshu and Vanshika of class VI clinched second prize in 8-12 years category. Tanuja of class VIII bagged third prize in 12-15 years (Girls Category). All of them got selected for the State Level Competition.

Deepika of class IV secured sixth position in the National Yoga Competition organized by Yoga Federation of India from 23 to 27 November at Ranchi. She qualified for International Yoga Championship.

Rakesh of Class VIII won bronze medal in the CBSE National Yoga Championship held at Salwan Public School, Ghaziabad from 15 to 17 December and secured fourth position in the individual event. Girls team secured fifth position in the team event.

Rakesh Singh Rautela and Tanuja Rao of class IX bagged gold and bronze medals respectively in the Boys and Girls Category in the age group of 12 to 15 years in the District Level Yogasan Competition organized by Department of Sports and Youth Affairs, Government of Haryana on 22 August 2014 at Mahavir Stadium, Hisar. Dipanshu Sharma of class VII got bronze medal in the age group of 8-12 years (Boys Category). All of them got selected for the State Level Competition.
Learning to combat rivals is a way to combat challenges of life that act as true rivals, bogging one down and dampening one’s spirits that may leave one defeated and dispirited. Parikshit of class XI braced himself to combat his strong rivals to bag gold medal in the State Level Open Taekwondo Championship 2013 organized by Olympic Association of India at Palwal on 30 November 2013. He was selected for National Level Championship.

Saurabh Jangra and Ayush Sharma of class V bagged gold and silver medals respectively in the Open District Taekwondo Championship organized by Hisar District Taekwondo Association on 25 May 2014.

Saurabh Jangra and Ayush Sharma of class V bagged silver and bronze medals respectively in the Open State Taekwondo Championship organized by State Taekwondo Association at Karnal on 6 June 2014.

Ishani Mittal of Class VI participated in Taekwondo Competition held at Hisar organized by Haryana General Secretary, Self Defence Society, Hisar. She bagged the gold medal.

Parikshit Bishnoi of class XII and Priyanshu of class V bagged gold medal in District Teakwondo Championship held on 17 August 2014. Ayush Sharma of class V bagged silver medal in the same event.

**Skating**

Proving his skating prowess and adding zest to his undulating movements across the skating rink, Navneet of class III bagged bronze medal in the District Level Skating Competition held on 15 November 2013 at Hisar.

Mannat of class X and Anushka of class XI bagged gold medals in the age-group of 12-14 and 14-16 years respectively in the District Roller Skating Championship held from 19-21 November 2013 at Rohtak and proving that winners don’t wait for chances they take them.
**Badminton**
Breaking all previous track records and leaving the audience spell-bound by their magnificent performance, Harshit and Veer Amirudh of class XI participated in the Haryana School State Badminton Tournament held at Panchkula from 15 to 28 November 2013. The team secured third position.
Yash Lohan of VIII was selected to represent Hisar in U-14 Badminton Tournament in Haryana School State Games 2014.

**Golf**
Golf is a tough game that requires a blend of ingenuity, discernment and precision of aim to register any valuable contribution to it. Prateek of class X stood first in the Tata Steel North Zone Indian Gold Union Golf Tournament held at Jammu Gold Club from 14 to 16 April in both B (13-15 years) and AB (13 to 17 years) categories.

**Achievements of Special Wing Students**
Differently-abled children are true gifts of god and need love, affection, sense of empathy and compassion to grow and thrive as naturally as other ordinary children do. Recognition of their efforts and performance may allow them to lead a life of dignity and give them an opportunity to enter the mainstream. To achieve this objective, the school encourages the participation of these blooming flowers to make their mark even in the arena of sports for a heightened sense of achievement and satisfaction and to give them a feel that they too are precious members of society. The school takes pride in enumerating some significant achievements of these students:

114 students of Special Education Wing participated in the Special Olympic Games at District Level organized by Ministry of Sports and Youth Affairs on 26 February 2014 at Asha School, Hisar Cantt. The students bagged two gold medals, five silver medals and seven bronze medals in various sporting events.
Sachin of Special Education Wing bagged gold medal in Soft Ball Throw Competition organized by the Special Olympics Bharat at National Level from 12 to 14 March 2014 at Jawaharlal Nehru Stadium in New Delhi. He secured fourth position in 50 metres race.

11 students of the Special Education Wing participated in the State Level Special Olympic Games organized by the Ministry of Sport and Youth Affairs, Government of Haryana at Delhi Public School, Rohtak from 29 to 31 March 2014. They bagged one gold, five silver and six bronze medals in different events.

Five students of Special Education Wing participated in the National Level Basketball trials held at Rohtak on 10 May 2014.

Ashish of Special Education Wing was selected to participate in the National Level Cycling Competition on 17 May 2014.

Ashish participated in the National Championship for Cycling organized by Special Olympics Bharat at Bhopal from 20 to 25 June 2014. He secured fourth position in 500 metres and 1 km event.

Each student at OPJMS believes that every day is a new opportunity where one can build on yesterday success or put its failure behind and start all over again. This zest and zeal keep them going on and on to scale new horizons every day.