



SPARDHA-2026

INTERNATIONAL SPORTS OLYMPIAD

24th to 27th October, 2026

Organised by:

CITY MONTESSORI SCHOOL

RDSO Campus, Wisdom Building,
Manak Nagar, Lucknow, India

Phone : +91 7897174022, 9935123333

Email : spardha@cmseducation.org

Website : www.cmseducation.org/spardha

FOR DETAILS
SCAN NOW





TABLE OF CONTENTS

1	The Great Visionary	1
2	Letter of Invitation from Convener & Principal	2
3	Introduction	3
4	Message from the Management	4-6
5	The Collaborative Crew	7
6	General Guidelines	8-11
7	Event Details	12-17
8	SPARDHA 2024-Glimpses & Event Schedule	18-20
9	A Brief Biography of Late Dr Jagdish Gandhi & 7 Inspirations	21-22
10	Registration Forms	23-24



The Great Visionary

"Regard man as a mine rich in gems of inestimable value. Education can, alone, cause it to reveal its treasures and enable mankind to benefit therefrom."



Late Dr Jagdish Gandhi

(10 November 1934 – 22 January 2024)

Guided by the timeless vision of our respected CMS Founder, late Dr Jagdish Gandhi, who believed that *“every child is potentially a light of the world”*, we dedicate SPARDHA – International Sports Olympiad 2026 to his inspiring legacy.

Together, let us continue to champion his vision of education that shapes students into individuals who are strong in mind, compassionate in heart, and unstoppable in action — paving the way for a brighter future.



LETTER OF INVITATION

BY THE CONVENER



"Sports strengthen the body, discipline the mind and reveal character through action."

The United Nations recognises sports as a powerful tool for promoting education, health, development, and peace, emphasising their vital role in advancing the Sustainable Development Goals (SDGs). Embedded within the UN's vision of Sport for Development and Peace, sporting experiences foster teamwork, tolerance and shared purpose—values that bind communities together and nurture a culture of peace.

Aligned with the National Education Policy (NEP) 2020, our International Sports Olympiad – SPARDHA recognises that physical education and sports are integral to the holistic development of children. Through structured participation, SPARDHA provides young learners with a dynamic experiential learning platform, enabling them to acquire essential life skills such as discipline, leadership, resilience and responsible decision-making. These experiences enhance academic engagement and prepare students to contribute meaningfully to society. Furthermore, SPARDHA actively supports the achievement of Sustainable Development Goals such as Good Health and Well-being, Gender Equality and Reduced Inequalities.

Guided by the vision of our revered Founders, Late Dr. Jagdish Gandhi and Dr. (Mrs.) Bharti Gandhi, who firmly believe that a sound mind resides in a healthy body - CMS RDSO Campus continues to uphold the ideals of world peace, unity and excellence through sports.

It is with great pride and enthusiasm that we announce SPARDHA - International Sports Olympiad 2026, scheduled from 24th to 27th October 2026, and organised

by CMS RDSO Campus. This Olympiad will provide a vibrant platform to celebrate emerging talent, foster global camaraderie and cultivate the spirit of fair play among students.

I express my deep gratitude to our Founders, Late Dr Jagdish Gandhi and Dr (Mrs.) Bharti Gandhi—true visionaries whose guidance continues to inspire us to translate the dream of a united world into reality. We extend our heartfelt thanks to our revered Manager, Prof. Geeta Gandhi Kingdon and President, Dr. Roger Kingdon, for their steadfast support in helping us dream big and achieve greater heights. I am also sincerely thankful to our Head QAID, Ms Reena Soti, whose unwavering guidance encourages us to scale greater heights.

We are honoured to invite the respected Principals of participating schools and their teams as our Special Guests of Honour and we look forward to a gathering that celebrates talent, dedication and the unifying power of sports.

For more information, please visit:

www.cmseducation.org/spardha

Let us come together on this global platform to inspire excellence and uphold the values that elevate SPARDHA 2026 beyond competition - into a celebration of sport, holistic development and shared humanity.

Ms. Jyotsna Atul

Principal, CMS, RDSO Campus
& Convener, SPARDHA -2026

INTRODUCTION

At City Montessori School (CMS), we believe that education is not just about academic excellence, but also about developing well-rounded individuals who can thrive in a global society. Guided by the timeless ideal of “Vasudhaiva Kutumbakam” — “The world is one family” — CMS strives to nurture students who are compassionate, confident and capable of embracing diversity.

Our founders, Late Dr. Jagdish Gandhi and Dr. (Mrs.) Bharti Gandhi, envisioned a school where students grow as responsible global citizens, equipped with the values, skills and mindset to contribute positively to society. Their philosophy inspires every initiative at CMS to promote unity, respect and collaboration across cultures and nations.

SPARDHA – International Sports Olympiad 2026 is a reflection of this vision. Designed to bring together young athletes from across the globe, the event encourages physical fitness, mental agility, teamwork and resilience. Through a variety of sporting disciplines, participants have the opportunity to challenge themselves, learn from one another and develop leadership and collaborative skills that extend far beyond the field of play.

This Olympiad is more than a competition; it is a celebration of human potential and cultural diversity. Every participant contributes to a vibrant community, sharing experiences, talents and aspirations that foster mutual understanding and inspire excellence.

At CMS, we are committed to providing a safe, stimulating and enriching environment for all participants. With world-class facilities, dedicated organisers and a supportive atmosphere, SPARDHA 2026 promises to be an unforgettable experience — a celebration of sportsmanship, learning and global unity that leaves a lasting impact on every student.



Message from the Founder Director, CMS



CMS is a distinctive and remarkable school in academic excellence, spiritual and value-based education and enjoys the rare honour of being recognised by the Guinness Book of World Records as the world's largest school in a single city with 64,500 pupils across 22 campuses. CMS is the first and only school in the world to be awarded with UNESCO Prize for Peace Education, 2002. Established in 1959 the school is unique in its approach to teaching and learning.

The difference lies in the vision—the vision of world unity and world peace. The school motto JAI JAGAT (Glory be to the world) was carefully chosen to send across the message that unity and not the division of the world is the destiny of mankind. Starting with only five children, the journey of the school has been marked with many difficulties and impediments. But, the 'noble cause' has kept it going, pushing it forward with innovative teaching, giving the best of results in the Board examinations year after year.

As a result, the strength of the school has grown presently to 64,500 pupils. CMS is known for its balanced education in all the three realities of life i.e. Material, Human and Divine and making the child good and intelligent, a gift of God to mankind, a pride of the human race and potential light of the world.

Dr Bharti Gandhi

Founder-Director
City Montessori School

Sport is the fabric that joins different cultures and brings under one canopy the people of all nations. The 2nd SPARDHA – International Sports Olympiad for World Unity, to be held from 24th–27th October 2026, is a visionary event that brings together young participants from India and abroad on a common platform of healthy competition and shared purpose.

I extend my sincere appreciation and best wishes to the Principal, CMS RDSO Campus, and her dedicated organising team for their foresight, commitment and tireless efforts in conceptualising and hosting this international youth festival. I am confident that this four-day festival will not only promote sporting excellence and intellectual engagement but will also empower the youth to become ambassadors of peace and unity in their respective nations.

With my best wishes for SPARDHA International Sports Olympiad 2026, we wish RDSO Campus a grand success in achieving the aim and goal of this Olympiad and congratulate them for organising the event.

Message from the Manager and the President, CMS



It gives us immense pleasure to learn that CMS RDSO Campus is organising the 2nd SPARDHA International Event from 24th to 27th October 2026.

This international youth sports festival brings together students from India and across the world in a spirit of unity, co-operation, and healthy competition, reflecting the true essence of sportsmanship.

Spardha International 2026 is not merely a platform for competition, but an opportunity for young minds to grow, connect, and learn. Through participation in diverse sporting events, students develop discipline, resilience, teamwork, and a broader global outlook, while also promoting health, well-being, and active lifestyles.

Sport, as a universal language, has the power to transcend boundaries and foster peace, mutual respect, and understanding. At the same time, it nurtures inner strength and character. We encourage all participants to strive not only for excellence in



performance but also to uphold values of integrity, humility, and fairness, for these are the true hallmarks of success.

This initiative reflects the enduring commitment of City Montessori School to holistic education and to the ideal of building a peaceful and united world through the development of responsible global citizens.

We congratulate Mrs Jyotsna Atul, Principal, CMS RDSO Campus, and her dedicated team for their vision and efforts in organizing this significant international event. We extend our best wishes for its grand success and hope that it fosters lasting friendships, personal growth, and a spirit of global unity among all participants.

With warm regards,

Prof. Geeta Gandhi Kingdon

Manager
City Montessori School

Dr Roger David Kingdon

President
City Montessori School

Message from the Head QAID, CMS



It is with a sense of profound pride and exhilaration that I am writing this message today. As we stand on the threshold of the second SPARDHA International 2026, scheduled from 24th to 27th October, 2026. I am moved by the incredible energy and dedication that has gone into transforming our school into a global arena for peace. This International Youth Festival of Sports is more than a series of matches; it is a vibrant manifestation of our commitment to "World Unity," proving that when young hearts beat in synchronization with the spirit of sportsmanship, they create a rhythm that can be felt across the globe.

Sports serve as a powerful catalyst for transformation, acting as a universal bridge that transcends the limitations of language and the divisions of geography. In the heat of a Badminton rally, the discipline of Judo and Karate, or the rhythmic harmony of Aerobics, students find a common ground that no treaty can replicate. By bringing together participants from across India and abroad, we are not just hosting a competition; we are fostering a global community.

In this journey toward excellence, we draw our deepest inspiration from the visionaries who paved our way. We pay a solemn and respectful tribute to our Founder Manager, late Dr Jagdish Gandhi, whose belief in peace and the inherent goodness of humanity remains the bedrock of our institution. His spirit continues to guide us in every endeavour that seeks to unite the world. We are equally inspired by the grace and enduring wisdom of our Founder Director, Dr Bharti Gandhi, whose presence and

"Persistence can change failure into extraordinary achievement."

-Matt Biondi

encouragement continue to light our path, reminding us that education and unity are the greatest gifts we can offer to the next generation.

We also owe a great deal to our Manager, Prof. Geeta Gandhi Kingdon for her stellar leadership and meticulous attention to detail, ensuring success in all our endeavours.

The realization of an event of this magnitude requires a captain at the helm with both foresight and a staff with relentless drive for perfection. I am delighted to acknowledge Mrs Jyotsna Atul, Principal, RDSO Campus for elevating SPARDHA to an international benchmark. I am extremely hopeful that this four-day festival would be a life-changing experience that empowers students to compete against the best while building a collective agenda for a peaceful world.

As we prepare to welcome the world to our doorstep, let us remember that the true victory lies in the friendships forged and the cultural walls torn down. This festival is a platform to show the world that youth are not just the future—they are the architects of a united present. May this voyage be one of self-discovery, resilience, and unyielding unity. As I conclude this message, allow me to leave with these profound words.

"The more difficult the victory, the greater the happiness in winning." - Pelé

Ms Reena Soti

Head, Quality Assurance & Innovations Department
City Montessori School, Lucknow

THE COLLABORATIVE CREW

**In sports, we find a world united, where effort and passion know no boundaries.
The field is open to all, the thrill is shared and every moment is a step towards excellence.**



Ms Monika Malik
Event Secretary



Mr Suresh P. Singh
Event In-charge



Ms Anuja Srivastava
Event Coordinator



Mr Sonu Pandey
Event Coordinator



Mr Ashok Pal
Event Coordinator

Welcome to
SPARDHA – International Sports Olympiad 2026!

At City Montessori School, RDSO Campus, we celebrate the transformative power of sports — a medium that inspires, connects and empowers, where the only language that matters is the spirit of the game. It is where determination meets opportunity and where young talents soar.

Through SPARDHA 2026, we aim to create a dynamic and supportive environment where every participant can test their skills, embrace challenges, foster lasting friendships and experience the joy of collaboration and achievement. This Olympiad is designed not only to showcase sporting

talent but also to instill enduring values of teamwork, resilience, fair play and mutual respect that extend far beyond the field.

This brochure is your gateway to discover the exciting opportunities and unforgettable experiences. Our dedicated team is committed to craft a seamless, inspiring and truly memorable sporting journey for all participants.

As the flame of passion is ignited and aspirations take flight, let the games begin. May SPARDHA International Sports Olympiad 2026 – mark a trail of triumphs, where perseverance meets excellence and every step forward becomes a celebration of growth, grit, and glory.

We wish all participants the very best!

A) GENERAL RULES AND REGULATIONS

1. The event is being organised for students from recognised schools who are under 14 years / 18 years of age as on **27th October 2026**.
2. Each team can comprise a maximum of 12 participants and one/two officials.
 - a. National / Local schools can present only one team.
 - b. International schools can bring more than one team.
 - c. Additional members, including infants and children will not be accommodated.
3. Each team can participate in Two Sports Disciplines [Track And Field/Judo/Karate/ Badminton] / Move & Groove - Dance Aerobics and Brush & Beyond.
4. Each Child can participate in one discipline only.
5. All teams must attend the Inaugural Ceremony to be held on **24th October, 2026 at 4.00 pm** and the prize distribution ceremony on **27th October, 2026 from 2:00 pm** at the World Unity Convention Centre (WUCC), City Montessori School Kanpur Road campus, Lucknow.
6. Students should be in complete school uniform during the Inaugural Ceremony. Their Identity Cards will be provided by the organising school.
7. All teams should carry their school flag/banner for procession during the Inaugural Ceremony.
8. It is compulsory for all the teams to attend the morning prayer assembly at 7:45 am, and confirm their daily attendance thereafter.
9. All team leaders must adhere to the time schedule and ensure their presence 20 minutes prior to the commencement of the event.
10. Participants may be disqualified for violation of any rules and regulations.
11. For security reasons, the organisers will not be in a position to allow visitors, individual trips to the city or any such venture which requires the team members to leave the premises of the venue.
12. Participants are advised to ensure the safety of their possessions while at the venue. The organisers will not entertain any complaints in this regard.
13. Use of the swimming pool at the venue is strictly prohibited.
14. All participants must reach their allotted accommodation everyday by 10:00 pm.



B) ARRIVAL AND REGISTRATION

1. Kindly go through the brochure thoroughly and send duly filled School Registration Form via email by 10th July, 2026.
2. The registration form will be considered valid only if it is duly filled and signed by the Head of the institution.
3. International teams are requested to mail scanned copies of the passports of the team members along with the registration forms.
4. National teams are requested to mail scanned copies of the Aadhaar Cards of the team members along with the registration forms.
5. The registration of all the local teams will be at the venue on 23rd October 2026 between 12:00 noon to 3:00 pm Please adhere to the timings.
6. All the national and international teams should reach the venue at Lucknow on 23rd October 2026 evening or on 24th October 2026 by 8:30 am morning and leave after the prize distribution ceremony scheduled on 27th October 2026.
7. On reaching the venue, the teams must report to the Control Room to get themselves registered and for submission of the following documents/articles:
 - a. Hard copies of the registration forms.
 - b. Passport sized coloured photograph of each team member for ID-Card.
 - c. Certificate confirming the age of the participants.
 - d. Original medical fitness certificate of each participant.
 - e. Departure schedule of the outstation teams.
 - f. Brush & Beyond Poster
 - g. USB/Pen Drive containing the music track for Move & Groove - Dance Aerobics.
8. Each team shall receive a Team Code on registration.

REGISTRATION FEE NORMS:

A modest amount of Registration Fee from the teams will be charged through demand draft (in favour of City Montessori School, Lucknow, payable at Lucknow).

Category / Details	Registration Fee
National & International Teams	Rs. 2500/- per participant (includes food, boarding & lodging, local transport from Railway Station/Airport to CMS & back, and transport to venues)
Local Teams (from Lucknow)	Rs. 500/- per participant
Travel Costs	Rail/Air fare to be borne by participant/school/institution
Principal/Head of the Institution	No registration fee

Registration Fee for the Team Leaders

On 6 participants	No Registration Fee for One Team Leader.
On 12 participants	No Registration Fee for One Team Leader & One Deputy Team Leader.
In case of less than 6 participants	The Team Leader is required to pay the registration fee.
More than 6 but less than 12 participants	One Team Leader will be registered free of charge, while the other will be required to pay the registration fee.

C) TIMELINE

1. The School Registration Form must reach the organisers latest by 10th July, 2026 through an email at spardha@cmseducation.org. The participants Registration Forms must reach through an email at spardha@cmseducation.org by 20th July 2026.
All forms are available on the website www.cmseducation.org/spardha
2. Outstation participants will be required to send their complete travel details by 10th September, 2026 so that the arrangements for their transport from the airport/railway station (to and from) can be made.
3. Final Registration of the teams at the venue will be according to the following schedule:
 - a. Local Teams: 23rd October 2026
[12:00 noon to 3:00 pm]
 - b. National and International Teams: 23rd October 2026 [on Arrival] and 24th October 2026
[from 8:30 a.m. to 10:30 am]

D) ACCOMMODATION

The organisers will provide accommodation to all outstation and international teams (maximum 12 participants and 2 accompanying officials) from 23rd October 2026 evening to 27th October 2026 evening. The keys of the room allotted must be deposited at the reception every day before leaving for breakfast (for cleaning of the room).

The participants are advised to ensure the safety of their possessions & the school's property. Teams will be held responsible for any damage to property and applicable charges will be borne by the concerned team.





E) AWARDS & CERTIFICATES

Category	Awards / Details
Individual Prizes / Awards	• Gold, Silver, Bronze Medals and Merit Certificates for all winners • Best Athlete, Best Judoka, Best Karateka, Best Shuttler Trophies
Team Prizes / Awards	• In Move & Groove - Dance Aerobics, top three teams will be awarded trophies and the participants of the winning teams will receive Gold, Silver and Bronze medals respectively. • In Track And Field/Judo/Karate/Badminton, Three Best Teams will receive Trophies in each discipline based on the number of gold medals. • Special awards will be awarded to celebrate exceptional talent and skills.
Overall Championship Trophy	• SPARDHA Dr. Jagdish Gandhi Memorial Trophy for the team with the highest number of gold medals across all disciplines (excluding Brush & Beyond-Poster Making Competition).
Participation Certificates	• Participation Certificates shall be given to all the participants

PLEASE NOTE:

All evaluations and decisions made by the Judges shall be final and binding.

TRACK & FIELD

Date : 25th & 26th October, 2026

Time : 09:00 am onwards



- ❖ The rules of the World Athletics Federation will be followed.
- ❖ The participants of Track & Field discipline can take part in maximum three events.
- ❖ 4 x 100 Meter Relay Race will be excluded from the above three events.

Events	Senior Boys (Under 18)	Senior Girls (Under 18)	Junior Boys (Under 14)	Junior Girls (Under 14)
• 100 Meter Race	✓	✓	✓	✓
• 200 Meter Race	✓	✓	✓	✓
• 400 Meter Race	✓	✓	✓	✓
• 800 Meter Race	✓	✓	✓	✓
• 1500 Meter Race	✓	✓	X	X
• 4 X 100 Meter Relay	✓	✓	✓	✓
• Long Jump	✓	✓	✓	✓
• Shot Put	✓	✓	✓	✓
• Discus	✓	✓	✓	✓
• Javelin	✓	✓	X	X

Event Coordinator

Mr Sonu Pandey

Contact: +91-9935123333

JUDO

Date : 25th October, 2026
Time : 12:00 noon onwards

Date : 26th October, 2026
Time : 09:00 am onwards



The rules of the International Judo Federation will be followed.

1

Age Group & Weight Category for Sub Junior Boys & Girls

Age Group	Weight Category for Boys	Weight Category for Girls
Boys and Girls Above 12 years and Below 15 years	Above 25 kg upto and including 30 kg (+25 kg -30 kg)	Above 23 kg upto and including 28 kg (+23 kg -28 kg)
	Above 30 kg upto and including 35 kg (+30 kg -35 kg)	Above 28 kg upto and including 32 kg (+28 kg -32 kg)
	Above 35 kg upto and including 40 kg (+35 kg -40 kg)	Above 32 kg upto and including 36 kg (+32 kg -36 kg)
	Above 40 kg upto and including 45 kg (+40 kg -45 kg)	Above 36 kg upto and including 40 kg (+36 kg -40 kg)
	Above 45 kg upto and including 50 kg (+45 kg -50 kg)	Above 40 kg upto and including 44 kg (+40 kg -44 kg)
	Above 50 kg upto and including 55 kg (+50 kg -55 kg)	Above 44 kg upto and including 48 kg (+44 kg -48 kg)
	Above 55 kg upto and including 60 kg (+55 kg -60 kg)	Above 48 kg upto and including 52 kg (+48 kg -52 kg)
	Above 60 kg upto and including 66 kg (+60 kg -66 kg)	Above 52 kg upto and including 57 kg (+52 kg -57 kg)
	Above 66 kg	Above 57 kg

2

Age Group & Weight Category for Junior Boys & Girls

Age Group	Weight Category for Boys	Weight Category for Girls
Boys and Girls Above 15 years and Below 18 years	Up to and including 55 kg (-55 kg)	Up to and including 44 kg (-44 kg)
	Above 55 kg up to and including 60 kg (-60 kg)	Above 44 kg up to and including 48 kg (-48 kg)
	Above 60 kg up to and including 66 kg (-66 kg)	Above 48 kg up to and including 52 kg (-52 kg)
	Above 66 kg up to and including 73 kg (-73 kg)	Above 52 kg up to and including 57 kg (-57 kg)
	Above 73 kg up to and including 81kg (-81 kg)	Above 57 kg up to and including 63 kg (-63 kg)
	Above 81 kg up to and including 90 kg (-90 kg)	Above 63 kg up to and including 70 kg (-70 kg)
	Above 90 kg up to and including 100 kg (-100 kg)	Over 70 kg up to and including 78 kg (-78 kg)
	Over 100 kg (+100 kg)	Over 78 kg (+78 kg)

Event Coordinator
Mr Ashok Pal
Contact: +91-9889218343

KARATE

Date : 25th October, 2026
Time : 12:00 noon onwards

Date : 26th October, 2026
Time : 09:00 am onwards



The rules of the World Karate Federation will be followed.

BOYS
❖ 7 years Boys' Kata
❖ 8 years Boys' Kata
❖ 9 years Boys' Kata
❖ 10 years Boys' Kata
❖ 11 years Boys' Kata
❖ 12 to 13 years Boys' Kata
❖ 14 to 15 years Boys' Kata
❖ 16 to 17 years Boys' Kata
❖ Below 17 years individual Boys' Kumite - 20 kg
❖ Below 17 years individual Boys' Kumite 20-25 kg
❖ Below 17 years individual Boys' Kumite 25-30 kg
❖ Below 17 years individual Boys' Kumite 30-35 kg
❖ Below 17 years individual Boys' Kumite 35-40 kg
❖ Below 17 years individual Boys' Kumite 40-45 kg
❖ Below 17 years individual Boys' Kumite 45-50 kg
❖ Below 17 years individual Boys' Kumite 50-55 kg
❖ Below 17 years individual Boys' Kumite 55-60 kg
❖ Below 17 years individual Boys' Kumite 60-65 kg
❖ Below 17 years individual Boys' Kumite +65 kg

GIRLS
❖ 7 years Girls' Kata
❖ 8 years Girls' Kata
❖ 9 years Girls' Kata
❖ 10 years Girls' Kata
❖ 11 years Girls' Kata
❖ 12 to 13 years Girls' Kata
❖ 14 to 15 years Girls' Kata
❖ 16 to 17 years Girls' Kata
❖ Below 17 years individual Girls' Kumite 20 kg
❖ Below 17 years individual Girls' Kumite 20-25 kg
❖ Below 17 years individual Girls' Kumite 25-30 kg
❖ Below 17 years individual Girls' Kumite 30-35 kg
❖ Below 17 years individual Girls' Kumite 35-42 kg
❖ Below 17 years individual Girls' Kumite 42-47 kg
❖ Below 17 years individual Girls' Kumite 47-52 kg
❖ Below 17 years individual Girls' Kumite 52-57 kg
❖ Below 17 years individual Girls' Kumite 57-62 kg
❖ Below 17 years individual Girls' Kumite +62 kg

Event Coordinator
Mr Ashok Pal
 Contact: +91-9889218343

BADMINTON

Date : 25th & 26th October, 2026

Time : 09:00 am onwards



1. The rules of the BWF (Badminton World Federation) will be followed.
2. Yonex AS-2 shuttle will be used and will be provided by the organising school.
3. A team will consist of maximum three participants.
4. In each age group, two singles matches and one doubles match will be conducted.

Events	Senior Boys (Under 18)	Senior Girls (Under 18)	Junior Boys (Under 14)	Junior Girls (Under 14)
❖ Singles	✓	✓	✓	✓
❖ Doubles	✓	✓	✓	✓



Event Coordinator
Mr Sonu Pandey
 Contact: +91-9935123333

BRUSH & BEYOND

POSTER MAKING EVENT



THEME: Sports-Building Bridges, Breaking Barriers

POSTER SPECIFICATIONS:

The Poster should be of size 22 inches X 28 inches.

POSTER SUBMISSION GUIDELINES:

- Each team is required to submit one poster on the above theme at the time of registration.
- The teams must provide a suitable caption for their creation.
- The team code must be written at the bottom right corner of the Poster.

JUDGEMENT CRITERIA

Portrayal of the Theme	10 Marks
Creativity and Originality	10 Marks
Neatness and Presentation	10 Marks
Relevance of the Caption	10 Marks
Overall Visual Appeal	10 Marks



Event Coordinator
Ms Savita Sonkar
Contact: +91-9198899990

MOVE & GROOVE

DANCE AEROBICS



Date : 25th October, 2026
Time : 09:00 am onwards

EVENT TYPE: Group Aerobics (5 to 10 participants)

GUIDELINES :

- Music should be energetic, rhythmic and appropriate for a competitive sports environment. If lyrics are included, they must be respectful, age-appropriate, and aligned with school values.
- Participants must submit their music in a USB/Pen Drive well in advance of the competition. The audio file should be clear, properly labelled and in a compatible format.
- The routine should primarily showcase aerobic dance as the core element. While additional dance elements may be incorporated, aerobics must remain the central focus.
- Innovative, sustainable, and safe props may be used to enhance the presentation. However, they must not pose any safety risk or hazard.
- Appropriate aerobics/sports attire and sports shoes are mandatory. Costumes must be neat, modest, and comfortable. Jewellery, watches, and unsafe accessories are strictly prohibited.
- Proper warm-up and cool-down are strongly recommended to ensure participant safety.
- Judges reserve the right to stop a performance if safety standards are not maintained.
- Time Limit: 2 minutes 30 seconds to 3 minutes.
- Performances exceeding or falling short of the time limit will incur a deduction of 1 mark for every 10 seconds.

JUDGEMENT CRITERIA

Aerobic Content & Rhythm	10 Marks
Synchronization and Coordination	10 Marks
Energy, Expression & Presentation	10 Marks
Innovation, Creativity & use of Props	10 Marks
Costume	10 Marks

Event Coordinator
Ms Divyanshi Srivastava
Contact: +91-9140907248

GLIMPSES of SPARDHA 2024



Grand unveiling of the SPARDHA logo



Auspicious lamp-lighting ceremony



Dynamic display of Karate Kata



Power, pace and perseverance in track & field



Spirit of precision and power in Javelin throw



Smashing excellence in Badminton



Spirit of discipline through Judo



Remembering our revered Late CMS Founder on his birth anniversary



A soulful and divine presentation by mothers and students



Celebrating the timeless ideals of our Founder



Convener, SPARDHA honouring the Olympian winner



Proud winners of the "Agree to disagree" Debate



SPARDHA Coordinators

GLIMPSES of SPARDHA 2024



Team Sri Lanka at SPARDHA 2024



Vasudhaiva Kutumbakam —
The world is one family



Proud participants — Team Nepal



Honouring the spirit of participation — Team Nepal



SPARDHA Judo champions and prize winners



The proud SPARDHA national delegation



Team Sri Lanka — Overall Championship Winners



Dedicated officials of SPARDHA Judo



The proud SPARDHA national delegation



Cherished Memories — International, National and Local Teams at SPARDHA 2024

SPARDHA 2026 EVENT SCHEDULE

Friday, 23rd October 2026 - Registration of Local Teams

POC - Brijesh Kumar Singh, Mob. +91-8299034849 , Archita Verma, Mob. +91-7388154444

Arrival of National and International Teams: Evening – CMS, World Unity Convention Centre

Registration of Local Teams & Submission of Posters (Brush and Beyond):
12:00 noon to 3:00 p.m. – Control Room, CMS, WUCC

DAY 1 Saturday, 24th October 2026 [Inaugural Day]

EVENT	TIME	VENUE
Registration of the Teams (National and International) and submission of Posters (Brush and Beyond)	8:30 a.m. to 10:30 a.m.	Control Room, CMS, WUCC
Group Photograph	12.00 noon	Auditorium, CMS, WUCC
Lunch	1:00 p.m. to 2:00 p.m.	Basement Dining Hall, CMS, WUCC
Inaugural Ceremony of SPARDHA 2026 and Introduction of Teams	4:00 p.m.	Auditorium, CMS, World Unity Convention Centre
Dinner for National and International Teams	8:00 p.m.	Basement Dining Hall, CMS, WUCC

DAY 2 Sunday, 25th October 2026 [Day of Events]

Breakfast	7:00 a.m. to 7:45 a.m.	Basement Dining Hall, CMS WUCC
Prayer Assembly	8:00 a.m.	Auditorium, CMS WUCC
Move and Groove [Dance Aerobics]	9:00 a.m. onwards	Auditorium, CMS WUCC
Track and Field	9:00 a.m. onwards	RDSO Stadium
Badminton	9:00 a.m. onwards	RDSO Badminton Hall
Judo	12:00 noon to 1:00 p.m.	Auditorium, CMS WUCC
Karate	12:00 noon to 1:00 p.m.	Auditorium, CMS WUCC
Lunch	1:00 p.m. to 2:00 p.m.	RDSO Stadium/RDSO Badminton Hall/ CMS WUCC Basement Dining Hall
Track and Field (contd.)	2:00 p.m. onwards	RDSO Stadium
Badminton (contd.)	2:00 p.m. onwards	RDSO Badminton Hall
Judo (contd.)	2:00 p.m. onwards	Auditorium, CMS WUCC
Karate (contd.)	2:00 p.m. onwards	Auditorium, CMS WUCC
Dinner for National and International Teams	8:00 p.m.	Basement Dining Hall, CMS, WUCC

DAY 3 Monday, 26th October 2026 [Day of Events]

Breakfast	7:00 a.m. to 7:45 a.m.	Basement Dining Hall, CMS WUCC
Prayer Assembly	8:00 a.m.	Auditorium, CMS WUCC
Move and Groove [Dance Aerobics]	9:00 a.m. onwards	Auditorium, CMS WUCC
Track and Field	9:00 a.m. onwards	RDSO Stadium
Badminton	9:00 a.m. onwards	RDSO Badminton Hall
Judo	12:00 noon to 1:00 p.m.	Auditorium, CMS WUCC
Karate	12:00 noon to 1:00 p.m.	Auditorium, CMS WUCC
Lunch	1:00 p.m. to 2:00 p.m.	RDSO Stadium/RDSO Badminton Hall/ CMS WUCC Basement Dining Hall
Track and Field (contd.)	2:00 p.m. onwards	RDSO Stadium
Badminton (contd.)	2:00 p.m. onwards	RDSO Badminton Hall
Judo (contd.)	2:00 p.m. onwards	Auditorium, CMS WUCC
Karate (contd.)	2:00 p.m. onwards	Auditorium, CMS WUCC
Dinner for National and International Teams	8:00 p.m.	Basement Dining Hall, CMS, WUCC

DAY 4 Tuesday, 27th October 2026 [Closing Ceremony & Prize Distribution]

Breakfast	7:00 a.m. to 7:45 a.m.	Basement Dining Hall, CMS WUCC
Prayer Assembly	8:00 a.m.	Auditorium, CMS WUCC
Feedback by Delegates	8:30 a.m. to 10:30 a.m.	Auditorium, CMS WUCC
Lunch	1:00 p.m. to 2:00 p.m.	Basement Dining Hall, CMS WUCC
Closing Ceremony and Prize Distribution	2:00 p.m.	Auditorium, CMS WUCC
Departure of Teams and Sayonara	5:00 p.m.	—

* Event Schedule is subject to change.

A Brief Biography of Late DR JAGDISH GANDHI

Founder, City Montessori School (CMS), Lucknow, India

Late Dr Jagdish Gandhi, a distinguished educationist and social activist, was deeply influenced from his early years by the teachings of Mahatma Gandhi and Vinoba Bhave.

In 1959, Dr Jagdish Gandhi, along with his wife Dr (Mrs) Bharti Gandhi, laid the foundation of City Montessori School (CMS) with just five children, with the vision of imparting value-based education. Through dedication and perseverance, CMS steadily grew to become one of Lucknow's most respected institutions, known for meaningful education and holistic development.

CMS has attained a unique distinction as the world's largest school (in terms of pupil enrolment in a single city), with over 64,400 students across 22 campuses in Lucknow, as recognised by the Guinness World Records.

A visionary leader, Dr Jagdish Gandhi was a passionate advocate of the unity of mankind, interfaith harmony, universal brotherhood, and world peace.

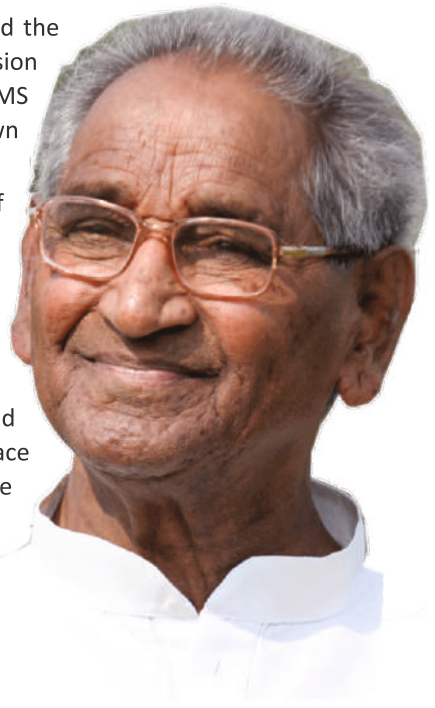
A globally respected educationist and peace ambassador, he was honoured with the Derozio Award for his outstanding contribution to education and human enrichment. He also served as a peace representative of the World Peace Prayer Society, USA. Under his dynamic leadership, CMS was awarded the UNESCO Prize for Peace Education (2002) in recognition of its efforts to promote universal values of peace and tolerance.

Dr Gandhi was the first Indian to be honoured with the Key to the City of Georgetown, USA, by its Mayor, in recognition of his visionary contributions to education, particularly the introduction of Quality Control Circles in education. He also

served as the Founder-Chairman of the World Council for Total Quality and Excellence in Education (WCTQEE).

His talks on prominent television channels such as Aaj Tak, News18 India, APN News, K News, Sadhna Plus News, India News, Network 10, Bharat Samachar, India Voice, and Sahara Aalmi were widely appreciated and followed by audiences across diverse communities, reflecting his deep spiritual insight and universal appeal.

Dr Jagdish Gandhi passed away on 22nd January 2024 leaving behind a timeless legacy of peace education, global citizenship, and the enduring vision of 'Jai Jagat'—the whole world is one family. His life continues to inspire generations of learners and educators across the world.



67 GLORIOUS YEARS DEDICATED FOR WORLD UNITY SINCE 1959

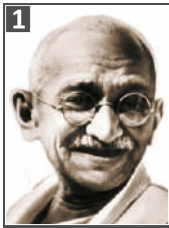
Late Dr Jagdish Gandhi

Spiritual Giant and Humble Servant of Humanity

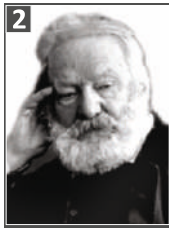
(10 November 1934 — 22 January 2024)

07 Inspirations of DR JAGDISH GANDHI

for World Unity through meaningful education



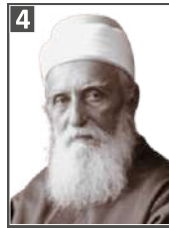
Mahatma Gandhi



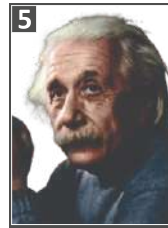
Victor Hugo



Nelson Mandela



**Abdul Baha,
son of Baha'u'llah**



Albert Einstein



Jan Tinbergen



Vinoba Bhave

1. Inspired by Mahatma Gandhi, Dr Jagdish Gandhi, besides imparting quality education, has been trying to inculcate universal values of Truth, Non-violence and Love for Whole Humanity in the minds of over 63,000 students of his school – the City Montessori School (CMS) Lucknow, India.
2. Drawing inspiration from Victor Hugo who said "there is one thing stronger than all the armies of the world and that is AN IDEA whose time has come" and from the continuous struggle of Nelson Mandela for justice, Dr Gandhi came up with the IDEA that "Enforceable International Law and Empowering the International Court of Justice is 'THE IDEA' whose time has come". With this IDEA in mind, he called upon the World Judiciary on the need of Enforceable International Law to safeguard the future of world's two billion children and generations yet-to-be-born. For the last nine years he has been organising International Conferences of Chief Justices of the World as the self-appointed guardian of world's two billion children.
3. Baha'u'llah had taught that 'Earth is but one country and mankind its citizens' and that the world will not survive without unity of hearts. He said that remedy for all the ills of 'This Day' is 'UNITY OF HEARTS'. Inspired by His teachings, Dr Gandhi propagates His concept of Unity of Hearts, 'Oneness of God', 'Oneness of Religion' and 'Oneness of Mankind', through manifold daily school activities and also through 26 annual international events, to over 63,000 CMS students, their parents and global society at large.
4. Inspired by Albert Einstein's thought that "Only World Law can ensure progress towards a Civilized peaceful community", he has been running a campaign by calling all nations of the world to empower the International Court of Justice for peaceful resolution of international disputes, which will also obviate the need for armed conflicts.
5. Inspired by Nobel Laureate Jan Tinbergen's observation that world's problems can be solved only by strengthening the United Nations System, Dr Jagdish Gandhi approached Kofi Annan, the then Secretary General, United Nations on behalf of two billion children of the world, requesting him to safeguard the future of world's two billion children by initiating steps to make International Law enforceable and binding upon all the nations of the world.
6. Walking on the footsteps of Vinoba Bhave, he is making tireless efforts to instil his concept of Jai Jagat (victory to the world) in the hearts & minds of his students who greet each other with the call, 'Jai Jagat' and have imbibed the spirit of global unity. He is raising his voice for the safe future of world's two billion children and generations yet to be born which has attracted worldwide attention.
7. Another person who according to him has saved his spiritual life, is his daughter Geeta Gandhi Kingdon. late Dr Gandhi regards his second daughter as his 'Spiritual Mother' because she prevented him from contesting for a second term in state legislative assembly elections and be involved in divisive politics, since the family had now accepted the Baha'i Faith for spiritual regeneration and the faith prohibits its followers from participating in Divisive Politics which it believes is a hindrance in spiritual progress.

Dr JAGDISH GANDHI

Unique endeavours towards World Unity through Meaningful Education



Dr Jagdish Gandhi was a visionary and a far-sighted person, who had been making incessant efforts to make the vision of One World into a reality. His courage and fighting spirit, not against persons, but against all odds and impediments in the path of realization of his vision, bound by sound reasoning, is exceptional. His vision is World Unity, which, he believed can be attained by a two-pronged strategy. Dr Gandhi firmly believed that 'Jai-Jagat' based quality education to children and inculcating in young

impressionable minds the ideas of World Unity: and the other one is to make efforts at global level by approaching the World Judiciary, for making efforts to make this world a better place to live in, so as to bequeath to the next generation and generations yet-to-be born, a safer and brighter inheritance than that was bequeathed to us.

Convinced that human progress springs from education he established City Montessori School (CMS) in 1959 at the age of 23 years with initial enrollment of only 5 children. His aim to establish CMS was not only to

impart the best quality education but also to inculcate in children an intense feeling for international understanding for political unity and economic equality of the world that would bring to an end all disputes arising out of borders or border encroachments or arising out of economic disparity among nations, which have been the principal cause of wars including world wars in the past. According to him eternal peace can be established in the world only by following one world order in which the political and economic system is one and the same and in which there are no racial or religious or regional squabbles.

Impressed by the success of his vibrant educational system based on global priorities the present strength of students has grown to 63,000.

He had launched a parallel campaign for uniting the world by convening International Conferences of Chief Justices of the World every year in November, in which, ways and means are discussed to convince the statesmen and rulers of different nations to unite the world under one political and economic system as a permanent means of putting to an end the ongoing disputes in the world.

TEAM REGISTRATION FORM

The Convener - SPARDHA 2026 - International Sports Olympiad

City Montessori School, RDSO Campus, Lucknow, INDIA

Phone: + 91-7897174022, +91-9935123333

Email: spardha@cmseducation.org, rdso@cmseducation.org website:www.cmseducation.org/spardha



Dear Madam,

Please register my school team in SPARDHA 2026 - International Sports Olympiad. We have gone through your brochure/ web page and agree to all the rules and regulations. Particulars of my school are mentioned below as per your requirement.

PARTICULARS OF THE SCHOOL / INSTITUTION

Name of Institution : _____
Address : _____
City : _____ State: _____ Country: _____
PIN/Zip Code : _____ Contact No.: _____, _____
E-mail : _____
Name of Team Leader / Manager : _____ Mobile: _____
Name of Deputy Team Leader / Coach : _____ Mobile: _____

S. No.	Name of the Participant (First Name Surname) (Block Letters only)	Gender (M / F)	Date of Birth (DD-MM-YYYY)	Discipline	Events
				(Go to page no. 12 to 17 of the brochure)	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

EVENT WISE PARTICIPANTS

S.No.	Event	Total number of Participants
1	Track and Field	
2	Badminton	
3	Judo	
4	Karate	
5	Move & Groove - Dance Aerobics	[Maximum 1]
6	Brush and Beyond	OPEN FOR ALL

SCAN ME



SUMMARY: No. of Team members [Participants + Team Leader / Deputy Team Leader]

Male _____ Female _____ Total: _____

Signature: _____ Head of Institution : _____ Seal

SPARDHA - 2026

INTERNATIONAL SPORTS OLYMPIAD



REGISTRATION FORM

PARTICIPANT / OFFICIAL / TEAM LEADER / TEAM DEPUTY LEADER

Name of the School :

Name (in Capital Letters) :

Father's Name :

Date of Birth :

(DD-MM-YYYY) :Gender (M/F)

Photo signed
by Principal/ Head
of the Institution

Age as on 27th October 2026 : _____ Years _____ Month _____ Day

Discipline : Track & Field ☐ / Badminton ☐ / Karate ☐ / Judo ☐ / Move & Groove ☐

(A CHILD CAN PARTICIPATE ONLY IN ONE DISCIPLINE)

Events : 1. _____ 2. _____

3. _____ 4. ☐ Relay Race (4 x 100 Meter)

In case of Karate and Judo, Kindly mention Weight (in Kgs) _____

Signature of the Participant : _____

Signature of the Team Leader / Coach : _____

Signature of the Principal of the Participating School : _____

School Seal

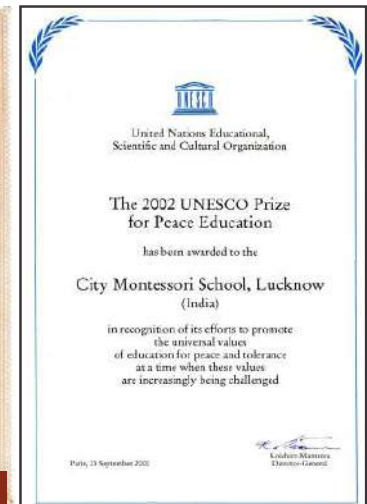
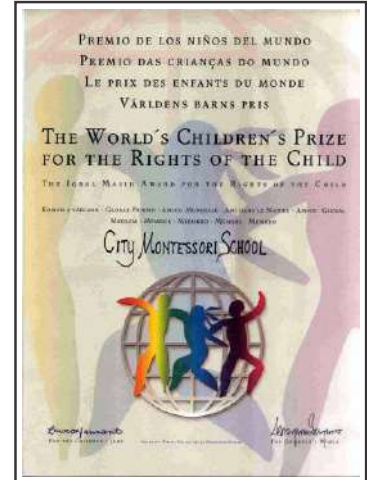
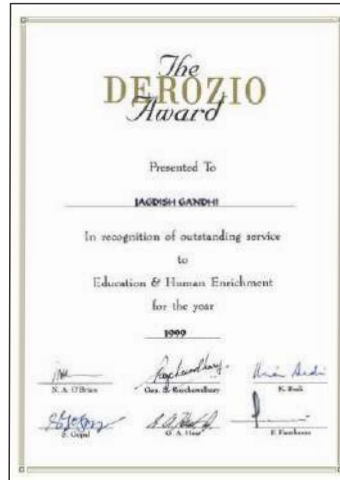
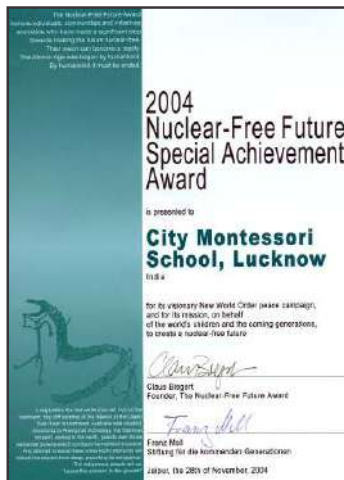
Points to Note and Remember

- Kindly get the photocopies of the Registration Form as per your team size.
- Submit all the registration forms (in Original) and Medical Fitness Certificates during registration of your team at venue.
- Kindly bring one stamp sized coloured photo for the I-card.
- NO CHANGES WILL BE ENTERTAINED AFTER FINAL REGISTRATION.

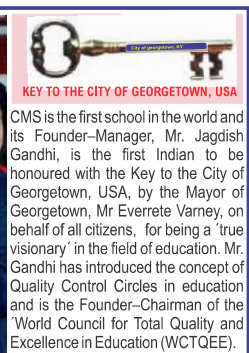
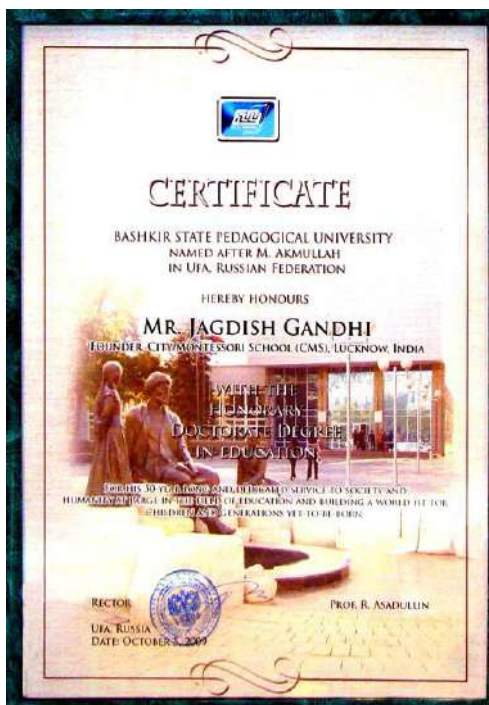
SCAN ME



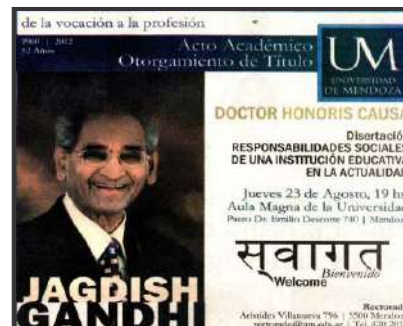
HONOURS & AWARDS OF CITY MONTESSORI SCHOOL (CMS), LUCKNOW, INDIA



Universidad de Concepcion of Uruguay, Republic of Argentina Awarded an Honorary Doctorate Degree to Jagdish Gandhi on 21st, August, 2012.



CMS is the first school in the world and its Founder-Manager, Mr. Jagdish Gandhi, is the first Indian to be honoured with the Key to the City of Georgetown, USA, by the Mayor of Georgetown, Mr. Everette Varney, on behalf of all citizens, for being a 'true visionary' in the field of education. Mr. Gandhi has introduced the concept of Quality Control Circles in education and is the Founder-Chairman of the 'World Council for Total Quality and Excellence in Education (WCTQEE).



Bashkir State Pedagogical University, Ufa, Russia Awarded an Honorary Doctorate Degree to Jagdish Gandhi on October 5, 2009.

Dr. Jagdish Gandhi receiving an Honorary Doctorate from the Mendoza University, Argentina, 23rd August 2012



*If you think and achieve as a team, the individual accolades will take care of themselves.
Talent wins games, but teamwork and intelligence win championships.*

- Michael Jordan



Organised by:

CITY MONTESSORI SCHOOL

RDSO Campus, Wisdom Building,
Manak Nagar, Lucknow, INDIA

Phone : +91 7897174022, 9935123333

Email : spardha@cmseducation.org

Website : www.cmseducation.org/spardha