

KV Ponda Alumni clinches Silver at the National Games

Mr. P Saravana Kumar, an alumni of PM Shri Kendriya Vidyalaya Ponda brought glories as he secured a Silver medal in Taekwondo in the 74-80 Kg category in the 37th National Games held in Goa, which is merely one of the many accomplishments. He had been a student of KV Ponda from 2001 to 2011 and passed out after completing his class X. Born on 13th January 1996, he started practicing Taekwondo from the age of 5. He received the degree of the Bachelor of Physical Education (B.P.E) and B.P.Ed from Punjabi University, Patiala – Punjab. In addition to this, he has an NIS Diploma in Sports Coaching (Taekwondo) from National Institute of Sports Patiala, Punjab.



Mr. Saravana has had an eventful and remarkable journey as a Taekwondo player meticulously participating in various Taekwondo Championships both at National and International levels. Among his many accolades the major ones are as recorded below:

#Won Bronze medal at 7th Asian Junior Taekwondo Championship, Jakarta, Indonesia held in 2013.

#Won Bronze medal at the Lusofonia Games held at Goa in 2014.

2 times National Games silver medalist.

#7 times National champion, State champion since 2004 and still counting.

Besides, he has also grabbed Gold in both the 2nd Mount Everest Open International Taekwondo Championship, Kathmandu, Nepal held in 2014 and 4th Heroes cup international Taekwondo Championship, Thailand in 2018.

Mr. Saravana, besides, offers Coaching and Demonstration of Taekwondo & Taekwondo Aerobics and acts as a Self-Defense Techniques Expert. He is also the CO- FOUNDER OF "MISSION NIRBHAYA" CAMPAIGN - A step towards women empowerment giving free self-defense awareness workshops in various schools, colleges and institutions as a part of the campaign. Even so, Mr. P Saravana Kumar continues to train arduously towards acing the competition and seizing the Gold for India at the Paris Olympics in 2024.