

# SPORTZ VILLAGE

CREATING CHAMPIONS IN LIFE

## 13<sup>th</sup> Annual Health Survey 2025



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The Annual Health Survey (AHS), launched in 2010, aims to analyze and evaluate the health and fitness levels of children in schools across India. Over the past years, 13L+ fitness assessment data points were collected from 2800+ schools across India. The survey assesses children's physical fitness based on several parameters such as BMI, Upper body strength, Lower body strength, Abdominal strength, Flexibility, and Aerobic and Anaerobic capacity.

In addition to assessing physical fitness, 13th AHS offers a comprehensive analysis, including a comparison of fitness levels between children in government and private schools, a gender-based breakdown across all seven fitness parameters, and an exploration of how the frequency of physical education classes influences children's overall fitness. The survey also provides a region-wise analysis of fitness trends.

The 13th Annual Health Survey studies data from 1,16,650 children aged 7 to 17, spanning 85 locations across India.

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# AHS'2025 Key Findings:

## The Big Picture

2 in 5



**Children do not have a healthy BMI**

**Body Mass Index (BMI):**  
A value derived from the weight and height of an individual and is used to gauge whether a person is within a healthy weight range.

1 in 5



**Children do not have adequate Abdominal or core strength**

**Abdominal or core Strength:**  
The strength of the muscles of the torso which helps to determine posture.

3 in 5



**Children do not have adequate Lower body strength**

**Lower Body Strength:**  
The strength of muscles in the legs such as the quadriceps (the muscles on the front of the upper leg), Hamstrings (the muscles on the back of the upper leg), Gluteals, Hip Flexors, and Calf muscles.

2 in 5



**Children do not possess apt Anaerobic capacity**

**Anaerobic capacity:**  
The total amount of energy from the anaerobic (without oxygen) energy systems. It is useful during high-intensity short-duration exercises or tasks such as sprinting.

1 in 3



**Children do not have apt Flexibility**

**Flexibility:**  
The ability of one's joints to move freely.

3 in 5



**Children do not have adequate Upper body strength**

**Upper Body Strength:**  
The strength of muscles such as the Pectorals (chest), Rhomboids (upper back), Deltoids (outer shoulder), Triceps (back of upper arm), and Biceps (front of upper arm).

3 in 5



**Children do not have adequate Aerobic capacity**

**Aerobic Capacity:**  
The ability of the heart and lungs to get oxygen to the muscles.

Parameters	BMI	Upper body strength	Lower body strength	Abdominal strength	Flexibility	Aerobic capacity	Anaerobic capacity
Overall percentage of children healthy	59.48%	45.73%	41.55%	86.84%	70.54%	32.77%	63.99%

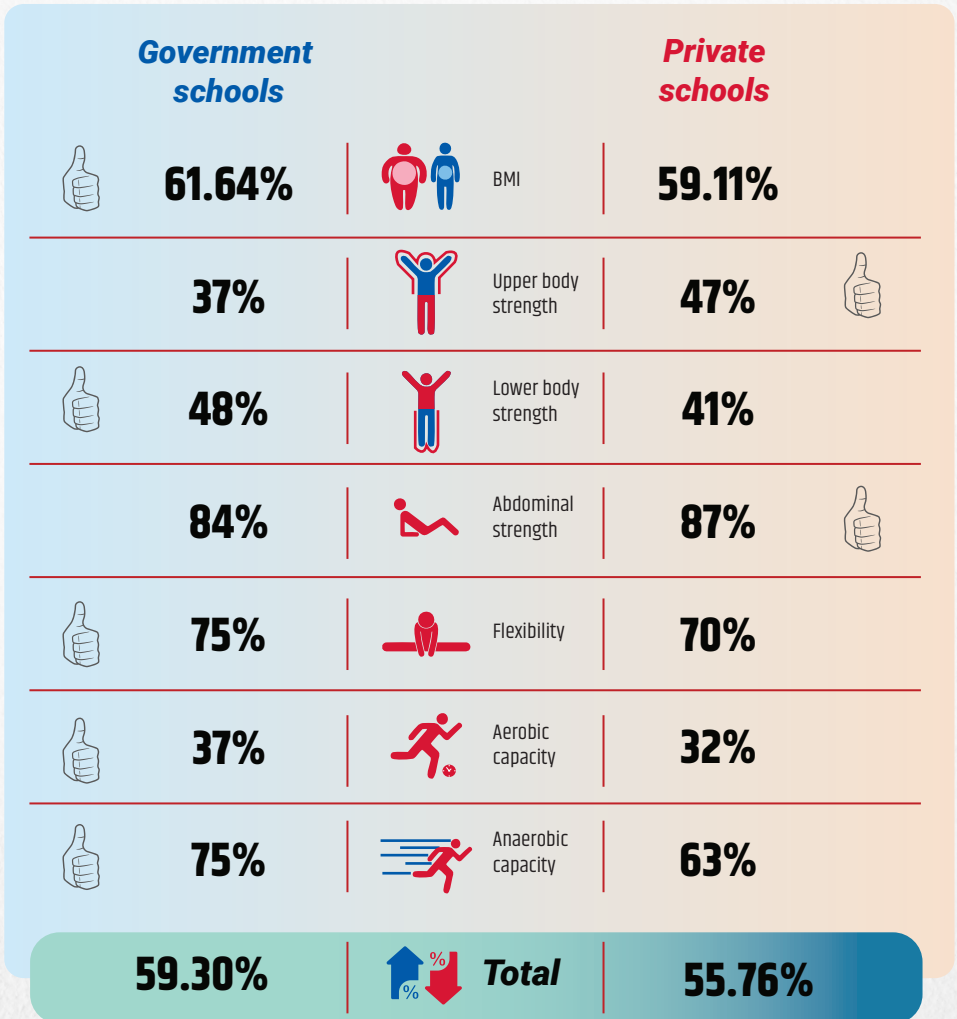
# Comparative Analysis

## Government Vs Private Schools

The numbers below indicate the percentage of children who are healthy in the respective parameters.









The survey further reveals, that a higher percentage of children in private schools have better Upper body strength levels (47%), compared to the children from government schools (37%) as well as Abdominal strength levels (87%) compared to their counterparts (84%). In comparison, children from government schools fared better in BMI, Lower body strength, Aerobic and Anaerobic capacity & Flexibility.

### Comparative analysis of the fitness levels



# West-East-South-North: Region-Wise Analysis

The numbers below indicate the percentage of children who are healthy in the respective parameters.

	West	East	South	North
 BMI	58.94%	55.85%	60.12%	58.56%
 Upper body strength	58%	54%	42%	47%
 Lower body strength	60%	46%	39%	35%
 Abdominal strength	93%	83%	87%	81%
 Flexibility	81%	77%	68%	70%
 Aerobic capacity	52%	24%	31%	26%
 Anaerobic capacity	81%	58%	62%	58%
 Total	69.61%	56.40%	54.24%	52.82%

## West

West region has performed the best when compared to all other regions with exceptional performances in the parameters of Upper body strength (58%) Lower body strength (60%), Anaerobic capacity (81%), Abdominal strength (93%), Aerobic capacity (52%) & Flexibility(81%).

## South

South has been a mixed bag. The children from the South have performed extremely well in the parameters of BMI (60.12%), Aerobic capacity (31%), Anaerobic capacity (62%), and Abdominal strength (87%), whereas the performance is weak in the parameters of Upper body strength and Flexibility.

## East

Following West, East has performed reasonably well in the parameters of Upper body strength (54%), Lower body strength (46%), and Flexibility (77%).

## North

The survey observes that the North region exhibits extremely poor performance with the lowest percentages in 3 of the 7 fitness parameters. This region performed the worst in the parameters of Lower body strength (35%), Abdominal strength (81%) & Anaerobic capacity (58%).



## Girls Vs Boys

The numbers below indicate the percentage of children who are healthy in the respective parameters.

According to the survey, the percentage of girls with healthier BMI levels is higher (62.23%) than that of boys (57.09%). The girls also fared better in Flexibility, Abdominal strength, Anaerobic capacity, and Upper body strength. However, boys performed well in the parameters of Aerobic capacity and Lower body strength.



**Girls**



**Boys**



**62.23%**



BMI

**57.09%**



**51%**



Upper body strength

**41.14%**

**39.86%**



Lower body strength

**43.02%**



**88.18%**



Abdominal strength

**85.67%**



**73.45%**



Flexibility

**68%**

**25.17%**



Aerobic capacity

**39.40%**



**65.70%**



Anaerobic capacity

**62.50%**

**57%**

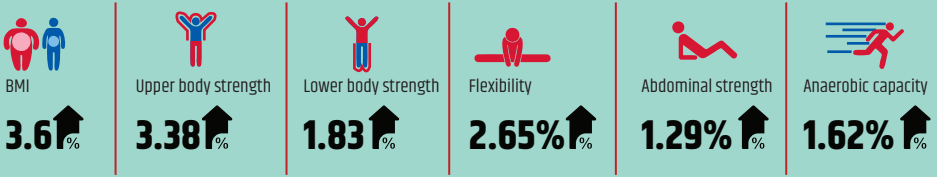


**Total**

**55.47%**

# P.E. Class Frequency and Fitness Levels

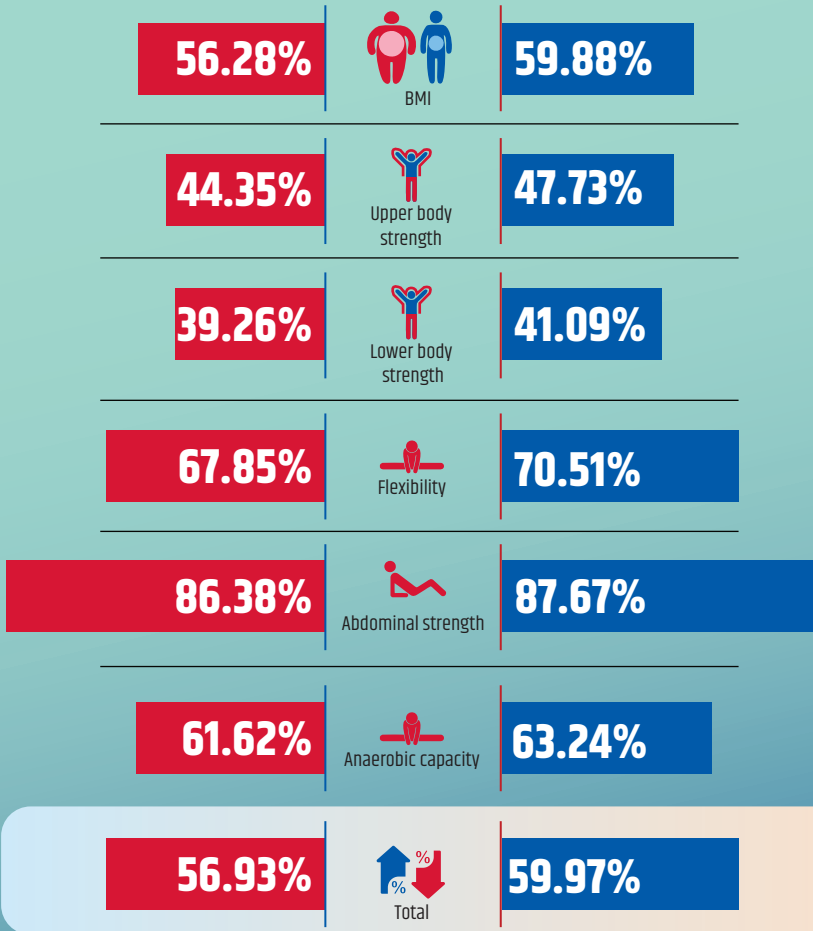
According to the survey, the number of weekly P.E. periods impacts the health of children. It has been observed that children attending more than 2 physical education periods per week have significantly better performance in multiple physical fitness parameters such as:



The numbers below, indicate the percentage of children who are healthy in the fitness parameters

## Less than 2 P.E. Classes

## More than 2 P.E. Classes



“

*The Annual Health Survey aims to assess the physical fitness of children across India and recommend measures for improvement. While kids have a natural inclination to play, sports often take a back seat to academics. A healthy mind resides in a healthy body. The findings of the 13th AHS underscore the urgent need to balance academics and sports. School leaders must prioritize investment in a structured, inclusive P.E. curriculum that not only leads to downstream health benefits but also creates a strong pipeline of athletes, setting the stage for India's sporting excellence in Olympics 2036 and beyond.*”

**Saumil Majmudar**

Co-Founder, CEO & Managing Director  
Sportz Village

“

*It's encouraging to see improved fitness levels among children in government schools, as this has far-reaching implications. For children in government schools, engagement in sports enhances their educational outcomes, strengthens social-emotional skills, and promotes inclusion and gender equity. Consequently, there is a dire need to deploy appropriate policies and resources for making high-quality sports programs accessible to young people in government schools, supported by corporates/ CSR, philanthropists, and the government.*”

**Parminder Gill**

Co-Founder & Head of Foundation  
Sportz Village

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1st Floor, No. 147/L, 10th Cross, 12th Main,  
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