



DELHI PUBLIC SCHOOL BANGALORE EAST

SPORTS NEWSLETTER

FEBRUARY 2023

“Nothing is given. Everything is earned.”

-Lebron James



MESSAGE

“You never fail until you stop trying.”

-Albert Einstein

Dear Parents,

For ages, sports have been viewed as a way to stay healthy and fit, but it goes beyond that. Today, participation in athletics is crucial for students' holistic development. The various sports they participate in help students develop life skills like teamwork, leadership, accountability, patience, and self-confidence and also get them equipped for challenges in life. But, in the present times, children are less interested in playing outdoor games and are more inclined towards playing virtual games on their smartphones, Xboxes, and PlayStations. In addition, children find it difficult to schedule time for sports and games because of their academics.



Sports and games are crucial and immensely beneficial to build a stronger immune system and keeping the students physically and mentally fit from the inside out. Sports inculcate the importance of a healthy lifestyle in students. Working or studying continuously might reduce their thinking, decision-making, or learning power and can lead to increased stress and tension in their lives. Outdoor sports activities can reduce stress and help rejuvenate the mind.

Participating in sports and games enhances our bodies, both physically and emotionally. Sports contribute to improving the body's strength, endurance, flexibility, coordination and bonding with peers. Sports activities teach students ethics, values, discipline, and a sense of mutual trust. Regular exercise is also recommended by medical practitioners as a method of illness prevention.

According to research and studies, children who participate in sports exhibit greater mental strength and development than their peers who refrain from sports. Even games like chess, sudoku, monopoly, and scrabble can help them develop their thinking skills and broaden their mind. Thus, indulging in sports and games contribute to the overall formation of a student's personality and contributes to their integrated development.

Warm regards

Mr. Maruti N.K

Physical Education Teacher

Department of Physical Education

INAUGURATION OF THE LAWN TENNIS COURT

“Sports serve society by providing vivid examples of excellence.”

We at Delhi Public School Bangalore East have always believed in the holistic development of the students and sports are an integral part of this development. Our modern sports infrastructure enables and supports our students to excel in sports. We at DPS Bangalore East offer the best infrastructure for sports in the sprawling campus and adding glory to this infrastructure is our three newly constructed international standard state-of-the-art synthetic tennis and basketball courts.

The inauguration of the newly constructed lawn tennis court by our revered Chairman Sri K Rahman Khan, Founder KKECT, Pro Vice Chairman DPS Bangalore/ Mysore was also graced by the presence of Sri K. Ahmed Khan trustee KKECT, Sri Maqsood Ali Khan, Secretary KKECT and Member Board of Management DPS Bangalore, Mysore, Mr.Mansoor Ali Khan Treasurer KKECT and Member Board of Management DPS Bangalore/Mysore and Mrs.Tasbia Mansoor, Member Board of Management DPS Bangalore East.

Sri K Rahman Khan played friendly rallies with the ace tennis players of our school who represented DPS Bangalore East at CBSE clusters and other national and international lawn tennis tournaments. Our esteemed Chairman shot the first basket and inaugurated the basketball court. It was followed by a friendly basketball match between the sports department teachers.

Once again we thank our management for the state-of-the-art sports infrastructure that will help the young students pursue their careers and passion in sports.





INTERNATIONAL ACCOMPLISHMENTS!!!

ANANYA GARDE XII

Ananya Shines at the Goa International Youth Games Championship 2023

We are proud to announce that Ananya has once again brought home two gold medals from the Goa International Youth Games Championship 2023. She competed in both kickboxing and BJJ, which were organized by the National Youth Sports and Education Federation India from February 3rd to 5th, 2023.

Congratulations to Ananya on her outstanding performance!

Up Next: 5th International and Thai Martial Arts Games and Festival.

Ananya has another exciting opportunity ahead of her as she is set to participate in the 5th International and Thai Martial Arts Games and Festival. The event will take place in Thailand between the 12th-17th of March 2023, where Ananya will represent India. We wish her all the best and know she will continue to make us proud.

Good luck, Ananya!



Interview with Ananya by Tisya Singh (XI K)

Tisya is an exceptional student who has achieved incredible feats in the field of Kung-Fu. She was selected to represent India in the 7th TWKSF World Kuo Shu Championship in Rome, Italy, for the junior 45kg Sands event. In the 7th India National Kuo Shu Championship held in 2018, she won gold, silver, and bronze medals while representing Karnataka. Tisya is also a Black Belt holder in Kung-Fu and was awarded the 'Student of the Year Trophy' in 2019. Furthermore, she won 2 Gold, 1 Silver, and the Excellence Trophy during the Bangalore City Inter Club Kung-Fu Championship held in both 2016 and 2018.



In addition to her impressive achievements in Kung-Fu, Tisya is also a trained dancer in Ballet, Contemporary, Hip-Hop, Salsa, Jazz, Shiamak style, and Info Contemporary. She has represented DPS East by choreographing and dancing in various events and serves as the Media Vice President for the Student Council. Tisya interviewed Ananya, the sports captain of their school who is also a Muay Thai champion. During the interview, Tisya asked Ananya about her experience with Muay Thai, her training regimen, and her future plans.

[Click here](#) to watch the interview



Tanussh Ghildyal Grade IX

Heartiest congratulations to Tannush on a fantastic successive performance at the ITF Juniors J30 tournament week 2 in Colombo, Sri Lanka! He took the top spot in doubles and reached to the quarter-finals in the singles category.

Well done Tanussh!



UNFORGETTABLE PERFORMANCES!!!

Khelo India Youth Games -Football

DPS East Football Players Selected for the Karnataka State Men's Team

We are thrilled to share the exciting news that 5 talented football players from the DPS East Football Boys' team have been selected for the Karnataka State Men's Football team for the Khelo India Youth Games. These players have made invaluable contributions to the DPS East team and we have no doubt that they will bring honor to the state and the nation in the upcoming games.

We extend our warmest congratulations to these players and wish them all the best as they compete in the Khelo India Youth Games. Go get 'em!

From left to right, the players are as follows:

Class XII:

- Vedanth Singh
- Aditya Kalasur
- Prateek Kashyap
- Rayaan Shakeer
- Gautam Rajesh



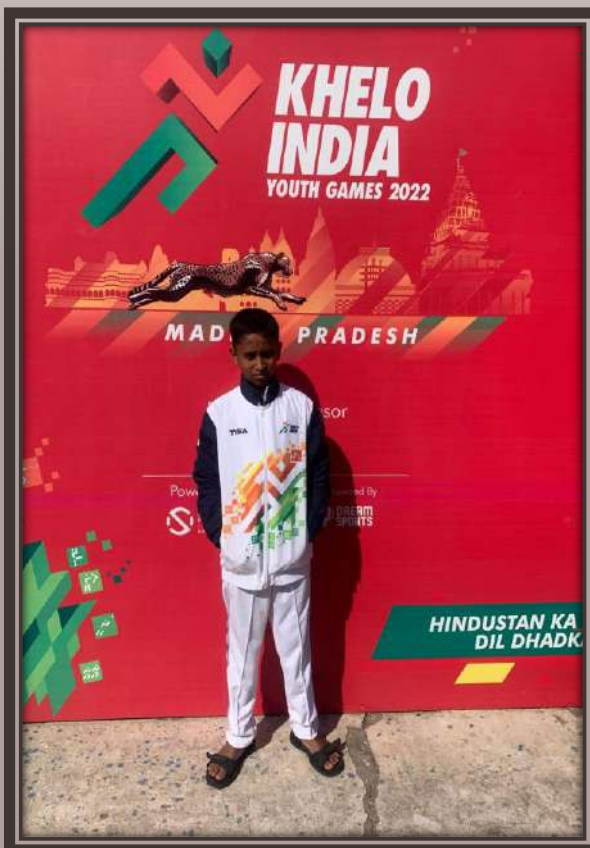
Khelo India Games 2022 - Kalaripayattu

The Khelo India Games 2022 took place in Gwalior from February 8th to 10th 2023 and was organized by the Sports Authority of India. One of the events featured was Kalaripayattu, an ancient form of martial arts that originated in India and is regarded as the origin of all martial arts worldwide.

Shravan Sharath Nair from grade V K participated in three different categories including Chuvadukal (individual participation), Long Stick Fight (team event with two participants), and High Kick (individual participation).

In the Long Stick Fight, Shravan progressed to the final round after competing against 27 teams.

Congratulations to Shravan for this fantastic achievement. We are incredibly proud of you!



Congratulations!

DPS East Mini FIFA World Cup: A Two-Month Football Frenzy

We are proud to have recently hosted the DPS East Mini FIFA World Cup, a thrilling two-month event that took place during November and December. The entire DPS campus was abuzz with excitement as students showed their support and displayed their sporting skills. It was a fantastic celebration of the beautiful game and we are glad to have been a part of it.

The results are as follows:

Grade V to VII (Boys)

First - Japan

Second - Uruguay

Third - Costa Rica

Fourth - Portugal

Grade VIII to X

First- Wales

Second - Tunisha

Third - Netherland

Fourth - Mexico





Congratulations Teams !

INTER-LEVEL COMPETITIONS!!!

Greenwood Badminton Championship 2023

We are happy to inform you that our school participated in the Greenwood Badminton Championship, organized by Greenwood High International School, Bangalore on 27th January 2023. Our students have shown outstanding performances at the event.

The results are as follows:

Grade VI & below -

Boys Team - Runner-up

1. Harsh Anirudh (V N)
2. Harshil M Salimath (VI F)

Girls Team - Winners

1. Rucha Sahasrabuddhe (VI E)
2. Idhika Johri (VI J)



Best player Award

Rucha Sahasrabuddhe (VI E)

BFC Soccer Shield Football Tournament

The Under 13 Girls' team took part in the BFC Soccer Shield Football Tournament organized by the BFC and emerged as the runner-up in the Under 13 category.

Rheanna Liz Jacob of grade VII S got the 'Top Scorer Award.'

Congratulations!!!



MAT Open Tennis Tournament

Samrat Salian of Grade VIII A won the runner-up trophy in the MAT Open Tennis tournament held at Pure Stroke Academy, Bangalore on the 28th and 29th of January 2023 in the Under 14 group.

Congratulations Samrat !!



Karnataka State Ranking Badminton Tournament 2023

Our students competed in the Karnataka State Ranking Badminton tournament organized by Karnataka Badminton Association, Mysore from 26th to 30th January 2023, and performed extraordinarily well.

The results are as follows:

Under 17 Boys (Doubles)

- Siddharth Gunturi (X I) - Runner-up
- Arnav Shukla (X M) - 3rd place

Under 17 Mixed Doubles

- Siddharth Gunturi (X I) - Winner



Show Me Your Walk wins
The top sports talent from the state has been crowned as the winner of the Karnataka State Ranking Badminton Tournament 2023. Siddharth Gunturi (X I) has won the Under 17 Mixed Doubles category.

Laksh, Diya champions; Raj bags double
Bangalore: Laksh Channarayana and Diya Channarayana won the 17-18 boys and girls titles at the Yonex Sunrise Karnataka State Ranking Badminton Tournament in Mysore on Monday. While Laksh defeated Arnav Shukla 21-10, 21-10 in the final, Diya defeated Anshu Arora 21-10, 21-10 in the final match.

BADMINTON
Anish Raj M won a double claiming the boys and mixed doubles titles in the 17-18 category. The boys' tournament and Anish's victory won the boys and girls singles events in the 17-18 category.

ALL SINGLES: Winners in various categories of the state ranking badminton tournament in Mysuru on Monday

| | | | |
|---|--|---|---|
| 17-18 Boys: Laksh Channarayana (Bangalore) | 17-18 Girls: Diya Channarayana (Bangalore) | 17-18 Mixed: Siddharth Gunturi (Mysuru) | 17-18 Boys' Doubles: Siddharth Gunturi (Mysuru) & Arnav Shukla (Mysuru) |
| 17-18 Girls' Doubles: Anshu Arora (Mysuru) & Anshu Arora (Mysuru) | 17-18 Mixed Doubles: Siddharth Gunturi (Mysuru) & Anshu Arora (Mysuru) | 17-18 Boys' Singles: Siddharth Gunturi (Mysuru) | 17-18 Girls' Singles: Anshu Arora (Mysuru) |

REAL TO MEET IN CUP SEMIFINAL
Raj's victory will face Diya in the final after the draw was made. The match will be held on Monday at 10:30 AM. The match will be held on Monday at 10:30 AM.

Junior Champions Trophy 2023

Our school participated in the Junior Champions Trophy 2023, Greenwood High International Football tournament, held from 30th January to 2nd February, and emerged as runners-up in both boys' and girls' categories.

Grade VIII and below (Girls) - Runner-up

Grade VI and below (Boys) - Runner-up

Rheanna Liz Jacob of VII S and **Arvin Palatt Chirakkara** of VI O got 'the Best Player' awards.



Karnataka State Schools Team Chess Championship 2023

Our Chess team participated in the 7th Karnataka State School Team Chess Championship 2023 organized by Greenwood High International School on the 2nd and 3rd of February and secured below positions in different categories:

Under 9 Open category - First runner up

Under 11 Open category - Winner

Under 18 Open category - First runner up

Congratulations to all!!!



Congratulations to all!!!

CBSE National Athletics Meet 2022-23

Our athletics team participated in the CBSE National Athletics Meet 2022-23 organized by Sant Atulanand School, Varanasi from 1st February to 4th February. The Under 19 category won the championship.

- 1) **Hrishi Bopardikar** of grade XII P bagged first place in 800mts
- 2) **Bharath Kumar.M** of grade XI E came second in 100 & 200 meters.

Congratulations to all!!!



INDIVIDUAL ACHIEVEMENTS!!!

TENNIS

SAHIL MEHENDIRATTA
GRADE IV

Sahil participated in a tennis tournament organized by MAT Sports Academy in Bengaluru. He won in the finals of the Under 10 category earning Rs 2000 as prize money.

Congratulations Sahil!!!



BADMINTON

AARON ABY
GRADE VII

Double Success for Aaron at Junior Badminton Tournaments!

On 4th February 2023, Aaron competed at the Junior Badminton tournament organized by Play Extreme at Smash Sports Academy in Electronic City. He swept the Under 13 and Under 15 categories, taking home the winner's trophy.

And just one day later, on 5th February 2023, Aaron continued his winning streak at the Racketek Junior Badminton tournament held at Subhankar Dey Badminton Academy in Leo Sports, Mahadevpura. He clinched the Under 13 championship title and was named runner-up in the Under 15 division.

Congrats to Aaron on his impressive performance!

Congratulations Aaron!!!



SARVESH A RAJA
GRADE VII

AARON ABY
GRADE VII

We are thrilled to announce that the Namma Badminton Elite Cup held on 11th February 2023 was dominated by students from DPS East. Aaron Aby of VII D emerged as the champion, while Sarvesh A Raja of VII O placed as the runner-up in the Under 13 category. It was a proud moment for the school to see its talented young athletes in action and claim these top honors. Congratulations to both players on their fantastic achievements!



Congratulations!!!

CHESS

AARAV SAISH AMONKAR
GRADE VI

Aarav won 1st place in the Under 11 category in the SCMA Rapid Fide Rated chess tournament and 2nd place in the Under 12 SCMA Blitz category. He scored 105 fide points in the rapid category.

Congratulations Aarav!!!



SHREYA RAJESH
GRADE IV

Shreya received a cash reward of Rs 3000 for finishing second in the below 1200 category of the SCMA Rapid Fide Rated Chess Tournament. Additionally, she finished fifth in the Under 10 SCMA Blitz division. Shreya improved by 140 genuine points in the fast category.

Congratulations Shreya!!



**RIKESH A
GRADE I**

Rikesh participated in the Chess Online Open Blitz Tournament 5+2 time control conducted by BRDCA and secured 2nd position in the Under 7 category with 5/10 points and a cash prize.

Congratulations Rikesh!!!!



| UNDER - 7 | | | | | | | | |
|-----------|-----------------|------|--------|--------|-----------------|------|--------|-------------|
| Serial No | Name | Rank | Gender | Rating | Club | Type | Points | Prize Money |
| 1 | Viyaan Sandhu | 65 | M | 0 | Viyaansandhu | U07 | 5 | 800 |
| 2 | Rikesh A | 73 | M | 0 | Rikesh@yrs | U07 | 5 | 600 |
| 3 | Vihaan Kulkarni | 124 | M | 0 | Vihaan_kulkarni | U07 | 3 | 500 |

| UNDER - 9 | | | | | | | | |
|-----------|------------------------------|------|--------|--------|----------------|------|--------|-------------|
| Serial No | Name | Rank | Gender | Rating | Club | Type | Points | Prize Money |
| 1 | Venkata Naga Karthik Malladi | 22 | M | 1200 | Karthikmalladi | U09 | 6½ | 800 |
| 2 | Mayan Jha | 50 | M | 0 | M@knight123 | U09 | 5½ | 600 |
| 3 | Dakshesh Rathi | 57 | M | 0 | Dakshesh_rathi | U09 | 5 | 500 |
| 4 | Ishan Arjun P Y | 61 | M | 1095 | Ishangy | U09 | 5 | 500 |
| 5 | Niranjan A | 72 | M | 0 | Ninjastyle2015 | U09 | 5 | 500 |



Rikesh also participated in his second offline chess tournament, an Open Rapid Fide-rated tournament organized by SCMA Academy, Hubballi Time control 25+5 Swiss format. He won 4/9 points and got 3rd prize in the Under 7 category. He earned his FIDE id.

Keep it up!! Congratulations Rikesh!!!!



RUBIK'S CUBE

V.CHELLA TARUN
GRADE III

Chella Tarun participated and won a silver medal in 3 cube relay(2×2,3×3 and Pyraminx cube) in the Republic Cube Open competition under the age category of 6-9 years, held by the Cube Store, Brain Gym and Speed Cubing Bangalore at Vega City Mall on Jan 28th , 2023.

Congratulations Chella Tarun!!!!



GOLF

NAYONIKA KAPOOR
GRADE IX

At the Indian Golf Union South Zone Golf Championship 2023, held at Coorg Golf Link on 14th and 15th February, Nayonika Kapoor secured the third position in the Category B Girls.

Congratulations to Nayonika on this remarkable achievement!



FOOTBALL

MEDHA GUPTA GRADE IX

Medha a football player at DPS East participated in the All Women's Biofit Soccer Tournament held in Coimbatore in January 2023. Representing the Kemp Football Club, she competed against teams from nine different cities across Tamil Nadu and Karnataka and succeeded in winning the gold medal.

Congratulations to Medha for her outstanding achievement in the tournament!



KARATE

MADHAV UMESH
GRADE VII

Madhav participated in the 'National Karate Championship' and won the 3rd prize and a bronze medal in individual kata, kumite, and team kata. The competition was held on 10th February 2023 in YMCA Physical Education College, Chennai. He also earned grey belt in Karate.

Congratulations Madhav!!!



SCOUT & GUIDES

We are thrilled to share a proud moment for our school. Our students from the Scout & Guide and Cubs & Bulbuls groups recently went on a hiking expedition to Muthyla Maduvu (Nisargadhama) in Anekal. The hike took place on Monday, January 23rd, 2023. We are immensely proud of our students for their adventurous spirit and dedication to exploring the great outdoors. Well done to all involved!





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