



DELHI PUBLIC SCHOOL BANGALORE EAST

SPORTS NEWSLETTER

NOVEMBER 2022

"The only one who can tell you 'You can't win' is you and you don't have to listen."

- Jessica Ennis-Hill



MESSAGES

“You can discover more about a person in an hour of play than in a year of conversation,”

-Plato

Dear parents,



Sports, an essential part of the school curriculum, helps in the formation of a student’s personality, and contributes to their holistic development. Engaging in any sport activity, not just enhances their skills but also boosts their self-confidence. It also fosters social interaction and social relationships in them at a very young age.

A student faces many challenges in life and playing sports helps them to organize their daily life. They learn to cope with exam pressures and prepare for further challenges awaiting them in life. Children who are indulged in physical activities sustain good values of mutual respect and cooperation. They acquire skills such as accountability, leadership, and a sense of responsibility.

Current generation is susceptible to many life-threatening diseases. Excessive competition, changing environment, fast-paced lifestyle and unhealthy food habits have resulted in reduced immunity in students as well as adults. Obesity is yet another common issue among children of today’s world. Hence regular exercise with a proper diet has become a necessity to maintain a sound mind and body. It also reduces stress and tension in an individual.

Leading a disciplined life is climbing the ladder to success. Following set rules, obeying the coaches, practicing restraint, working in a team, respecting others etc enable students to accomplish their full potential and realize their goals, which are critical factors in attaining success in life. Sports can bring out noticeable positive reactions and behaviors in students. Balancing academics and sports ensures better performance in exams. They are able to plan their studies smartly and can stay focused in their studies. Coordination, multitasking and situational awareness enhances their academic skills.

At DPSE, we aim at all round development of our students into well disciplined, academically oriented and self – confident individuals who will move on to make a mark in the global society and achieve excellence in all walks of life. And we believe that sports play a very important role in carving socially responsible people.

Warm Regards
S.Maria Savari
Physical Education Teacher
Department of Physical Education

“Passion first and everything will fall into place.”

-Holly Holm



Sports play a vital role in our lives. It keeps us fit and healthy, both physically as well as mentally. In my opinion sports play an equally important role as does education in a person’s life. To achieve overall and all-round development in life, one should be well-versed in both sports and culture.

I have been playing tennis for the past 7 years and also have experience playing multiple other sports. I have had the honor of representing our state as well as our country at various state level and national level tournaments. I have also been privileged to be a part of the sports faculty, as the sports vice -captain here at DPS East.

During my time as an athlete, I have learned several meaningful lessons and continue to do so. Playing sports at such a competitive level has taught me salient life lessons like determination and dedication and it has also boosted my self-confidence. Each match that I’ve played has taught me to not give up until the last point and it always rewards me with a new experience and helps boost my morale. My parents, coaches and teachers have played a crucial role in my journey as a tennis player.

Our school prioritizes a healthy balance between sports as well as education. During my short time in DPS East, I have always been encouraged to chase my dreams and have been supported throughout. I urge my peers to get involved with in sports as it not only helps in keeping us physically fit, but also mentally.

I request all students to feel free to share their achievements with the sports faculty. The coaches, teachers and student council will do their best to support your endeavors.

If it doesn’t challenge you, it won’t change you.” – Fred Devito

Warm Regards and best wishes

Anoushka Ashish

Sports Vice Captain

Grade XI

CERTIFICATE OF ACHIEVEMENT!!!

We are proud to announce that Government of India, Ministry of Youth Affairs & Sports and Department of Sports has declared Delhi Public School Bangalore East as a FIT INDIA SCHOOL.

Thanks to our management for providing us with the beautiful infrastructural facilities for nurturing our students in this direction.





Government of India
Ministry of Youth Affairs and Sports
Department of Sports



CERTIFICATE
OF RECOGNITION
DELHI PUBLIC SCHOOL BANGALORE EAST
BANGALORE

has declared itself as a FIT INDIA SCHOOL, and has been issued this certificate in recognition of the online self declaration done by the school.

DELHI PUBLIC SCHOOL
BANGALORE EAST

can now use the FIT INDIA Flag and Logo. The school is expected to honour the declaration given during the registration process.

Siddhartha Singh

Siddhartha Singh Longjam
Joint Secretary (Sports-Development):
Government of India

Ekta Vishnoi

Ekta Vishnoi
Mission Director
(FIT INDIA)

EXTRAORDINARY FEAT!!

MR. MADHU PAI
TEACHER
SPORTS DEPARTMENT



We very proudly celebrate yet another accomplishment by our sports teacher Mr. Madhu Pai. Mr. Madhu is an ardent cricket player, passionate about his craft. He started playing at a very young age and over the years has proved himself to be a unique player with a unique set of qualities. He is a batting all-rounder who now captains team Epic Blaster, Bangalore.

His extraordinary skills in batting, bowling and fielding, dedication and persistence made him a star of all the matches he played so far.

On November 1st at the Sachin Tendulkar ground, Nerllur witnessed another breath-taking performance by Mr. Madhu when Epic Blasters won the runner-up trophy in Kannada Rajyotsava Cup. He earned the 'Man of the Match' award for his outstanding performance. In the Gandhi Jayanthi cup played in the same ground on 2nd October, they had lifted the winner's cup.

Take home the crown in many more matches to come sir!!!



DEEPTHI C R
TEACHER
SPORTS DEPARTMENT

Our school took part in the 1st Open National Level Yogasana Championship organised by Avinash Yoga institute on 6th November. Our yoga teacher, Deepthi C R won 1st place in the competition.

Congratulations to Deepthi ma'am!!!



INTER-SCHOOL COMPETITIONS

Delhi Public School North Inter-School Tournament

Our school participated in the Inter-School Athletics Tournament organized by DPS North on 29th October 2022 and bagged the winner's trophy in both Under 16 and Under 19 4x100 Mixed Relay.

Congratulations to the teams!

Under 16 4x100 Mixed Relay

- 1) Ezza C T (VII A – 1st place)
- 2) Saanvi Sighan (VIII K – 1st place)
- 3) Shreyansh (VIII G – 1st place)
- 4) Manan Agarwal (VIII N – 1st place)

Under 19 4x100 Mixed Relay

- 1) Sujya Naik (XI L – 1st place)
- 2) Kasturi Valekar (X J – 1st place)
- 3) Bharath Kumar (XI E – 1st place)
- 4) Jia Koushal (XI Q – 1st place)



District Baseball Championship

Our baseball team carried the day in the 1st edition of District Baseball Championship held on 28th and 29th of October at Nagarajuna Vidyaniketan , Yelahanka. The team lifted the trophy and the gold medal with a final score of 25-13 against Soundarya Central School. Shoubhit Shreyan Pani of grade VIE was awarded ‘the best batter of the tournament’ for hitting 2 Homers.

Well done Team DPS !!

Applauds!!



Karnataka State Roll Ball Selection 2022

Our school skater team took part in the Karnataka State Roll Ball selection trials on 30th October held at NPS Banashankari, Bangalore. Skaters (Boys) got selected in Under 11, Under 14, and Under 17 and girls in Under 14 and Under 17 categories.

Congratulations to the team!



Karnataka State Roller Skating Selection 2022

Our school skater team took part in the Karnataka State Roller Skating selection trials on 6th November held at Power Track Skating Rink, Kaggadasapua, Bangalore. The event was organized by Karnataka Roller Skating Association.

Our school skater Ananya of XII L won Gold in the Above 17 Speed Slalom category and got selected for Nationals.

Shreyas MK of IX S won Silver in the Under 17 Roller Freestyle category and got selected for Nationals.

Congratulations to the team and the achievers!!!!



Vibgyor Viva Inter-School Basketball Tournament

Our school basketball girls team Under 16 participated in the VIBGYOR Viva Inter-School Basketball tournament 3x3 2022-2023 which was held on 4th October at Vibgyor and emerged as runner-up.

Congratulations to the team!



Nehru Cup 2022

Our swimming team (Boys) participated in the Nehru Cup 2022 organized by DPS E-City on Friday, 4th October 2022. The team exhibited their skills and bagged innumerable prizes.

Congratulations to the team!!!

Under 14 Boys Category

Freestyle Relay 4x50m - Gold medal

Adiraj Singh (VIII N)
Manabh Mishra (VIII N)
Nirek Chandrasekhar (VIII P)
Tarun Patel (IX)



Medley Relay 4x50m - Silver medal

Adiraj Singh (VIII N)
Nirek Chandrasekhar (VIII P)
Tarun Patel (IX)
Devayu Sen (VIII I)



Under 16 Boys Category

Freestyle Relay 4x50m - Silver medal

Aryamik ATI (IX)
Ashutosh Nanda (XI C)
Amogh Coca (XI M)
Shubam Singha (IX J)

Medley Relay 4x50m - Silver medal

Aryamik ATI (IX)
Ashutosh Nanda (XI C)
Amogh Coca (XI M)
Atharva Soni (IX C)



Individual Achievements:

50m Freestyle - Silver medal

Amogh Coca (XI M)

100m Individual Medley - Bronze medal

Amogh Coca (XI M)

50m Breaststroke - Silver medal

Ashutosh Nanda (XI C)

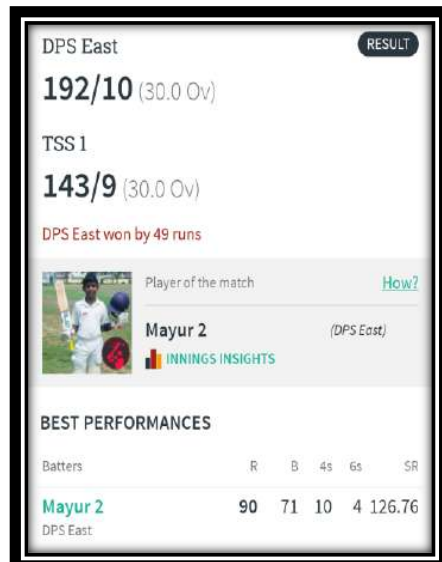
Butterfly - Gold medal

Aryamik ATI (IX)



Under 18 TSS Cricket Tournament

Our school participated in the Under 18 TSS cricket Tournament held on 3rd November. Mayur Reddy of XIC got the 'Man of the Match' award for scoring 90 runs. Dev Sinha of XIE received the 'Man of the Match' for scoring 48 runs with 3 wickets





DPS East RESULT


192/10 (30.0 Ov)

TSS 1

143/9 (30.0 Ov)

DPS East won by 49 runs

Player of the match [How?](#)

 **Mayur 2** (DPS East)

INNINGS INSIGHTS

BEST PERFORMANCES

Batters	R	B	4s	6s	SR
Mayur 2 DPS East	90	71	10	4	126.76

DPS East RESULT

199/8 (25.0 Ov)


St.Claret PU

141/8 (25.0 Ov)

DPS East won by 58 runs

807 Total Views 44 Live Viewers

Player of the match [How?](#)

 **Dev** (DPS East)

INNINGS INSIGHTS

BEST PERFORMANCES

Batters	R	B	4s	6s	SR
Ansh Aima DPS East	48	36	8	0	133.33
Dev DPS East	47	42	6	1	111.90

DPS East RESULT


192/10 (30.0 Ov)

TSS 1

143/9 (30.0 Ov)

DPS East won by 49 runs

Player of the match [How?](#)

 **Mayur 2** (DPS East)

INNINGS INSIGHTS

BEST PERFORMANCES

Batters	R	B	4s	6s	SR
Mayur 2 DPS East	90	71	10	4	126.76

TSS CUP 202...

LEADERBOARD POINTS TABLE STATS SPON

Group A (League Matches)

Team	M	W	L	T	NR	PL	NRR
DPS East	3	2	1	0	0	4	1.114
JGI JAYANAGAR	1	1	0	0	0	2	1.080
TSS 1	1	0	1	0	0	0	-1.633
St.Claret PU	1	0	1	0	0	0	-2.320

Group B (League Matches)

Team	M	W	L	T	NR	PL	NRR
Jain VV Puram	1	1	0	0	0	2	6.817
Vijaya PU college	1	1	0	0	0	2	1.967
TSS 2	1	0	1	0	0	0	-1.967
DPS South	1	0	1	0	0	0	-6.817

Ignite, Greenwood High School

Our school won the Badminton Boys Team Event Gold by defeating Greenwood High in the IGNITE event held at Greenwood High School on 8th November. Team members are as follows:

- 1) Pranav Krishnamurthy, XI N
- 2) Pratham Prasanna, X S
- 3) Arhan Chakraborty, XII (NIOS)



Congratulations to the team!!!

TCIS Cup 2022 Inter-School Basketball Tournament

Our school basketball (Boys and Girls) teams participated in the TCIS Cup 2022 Inter-School Basketball tournament organized by The Cambridge International School (Haralur) on 28th & 29th October and brought laurels to the school.

Under - 11(Girls) - Winners

Under - 11(Boys) - Runner-up

Under - 14(Boys) - Runner-Up



Shruthi R of grade VI secured ‘the Most Valuable Player Award’ in the event.
Congratulations to the team and the trainers!!!



South Indian Roll Ball Championship 2022

Our Karnataka Junior (Under 17) Roll Ball Boys team secured 3rd place in South Indian Roll Ball Championship 2022 which was held on 19th and 20th November, 2022 at Kottayam, Kerala.

The following students took part in the competition:

- 1.Tarun Subramanian (VIII J)
- 2.Shreyas MK class (IX S)
- 3.Ahaan J nath class (IX T)
- 4.Shaswanth P (X A)

Congratulations to the team!!!



Cathedral School Inter-School Throwball Tournament

Our school Throwball Under 16 Girls team participated in the Cathedral School Inter-School Throwball tournament held on 20th and 21st November 2022 and won the runner-up trophy.

Congratulations to the team!!

[Click here](#) to watch the highlights of the match.



INTER-HOUSE COMPETITIONS

BADMINTON

BOYS		GIRLS	
Siddharth Rajesh (IID)	-1 st place	S.Dhiya(IIB)	-1 st place
Avraj Singh(IIC)	-2 nd place	Ishani Nikesh Shetty(IIG)	-2 nd place
Padigala Sri Hari(IIQ)	-3 rd place	Aahana Agarwal(IIQ)	-3 rd place
Suyash Aditya Tiwari(IIE)	-4 th place	Anaya Dixit(IIJ)	-4 th place



THROWBALL

Inter-house Throw ball match for Kids 'A' (Grade 3rd and 4th) was held on 5th November.

Results are as follows:

1st position : Ganga House

2nd position : Godavari House

3rd position : Narmada House & Cauvery House



KHO-KHO

Inter-house Kho-Kho match for Kids 'A' (Boys and Girls) was held on 28th October.

BOYS

1st position : Narmada House
2nd position : Godavari House
3rd position : Cauvery House
4th position : Ganga House

GIRLS

1st position : Narmada House
2nd position : Godavari House
3rd position : Ganga House
4th position : Cauvery House



CRICKET

Inter-house Cricket match at various levels were conducted on different days:

Kids 'A' (Boys) on 4th November

- 1st position : Cauvery House
- 2nd position : Godavari House
- 3rd position : Ganga House
- 4th position : Narmada House



Grades IX & X (Boys) on 29th October

Cauvery House vs Narmada House

Winner : Cauvery House



Grades VII & VIII Junior Boys on 31st October

Godavari House vs Narmada House

Winner : Godavari House



Grades IX & X (Boys) on 29th October

Cauvery House vs Narmada House

Winner : Cauvery House



Grades VII & VIII Junior Boys on 31st October

Godavari House vs Narmada House

Winner : Godavari House



Grades III & IV Junior Boys on 4th November

Cauvery House vs Godavari House

Winner : Cauvery House



Congratulations to all!!

INDIVIDUAL ACHIEVEMENTS

KARATE

AARYAN KRISHNA NAIR
GRADE XI

Aryan participated in the 13th State Level Karate Championship 2022 held on 5th and 6th November at Koramangala Indoor Stadium, Bengaluru. He secured bronze medal in individual kata junior male category competing with 120 participants from all over Karnataka, which included MP Jagruth, the only Indian to have won a gold in the Karate Championship. Jagruth was the winner of the competition.

Way to go Aryan!!
Congratulations!!



ARJUN P R
GRADE VI

Arjun bagged a silver medal at the Karnataka State Level Karate Championship held on 5th November.

Congratulations Arjun!



TANISHI TAMBE
GRADE IV

Tanishi participated in the SIKKA Bangalore Open National Karate Championship on 25th September 2022 and won a silver medal in Kata.

Congratulations!!!



SURYASH MISHRA
GRADE IV

Suryash gave the Karate belt exam and secured 7th Kyu Green Junior belt in the event conducted by J.A.Shito Ryu Sports Karate-Do Association on 30th October, 2022.

Heartiest Congratulations!!!



JASTEGH SINGH BASSON
GRADE I

Jastegh participated in the All India National Iska championship in Individual Kata(Karate) category with the Sports team of DPS and secured a silver medal.

Congratulations!!!

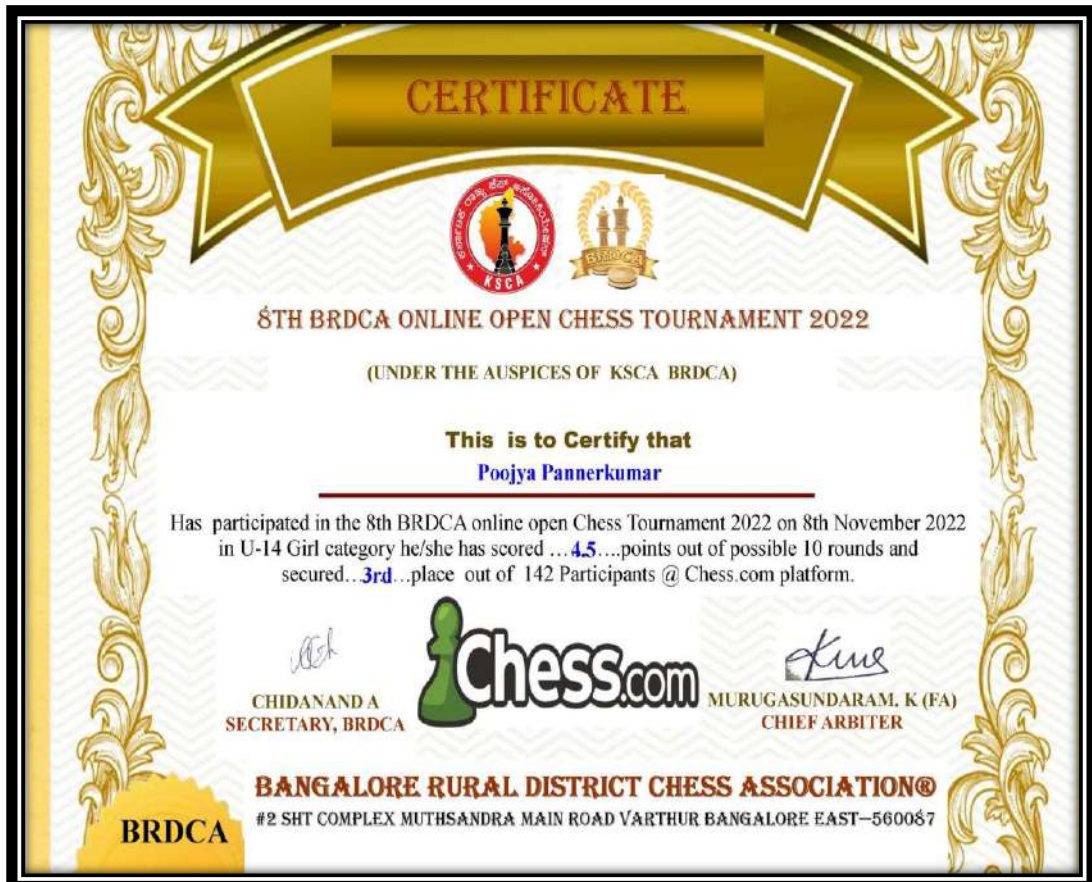
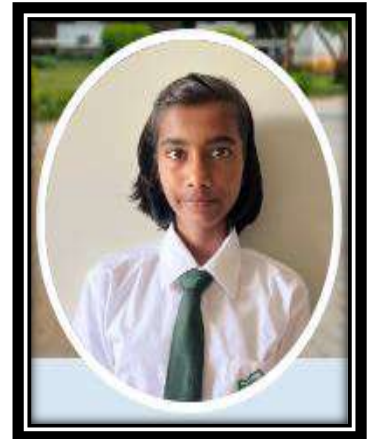


CHESS

POOJYA PANNERKUMAR
GRADE VIII

Poojya Pannerkumar secured 3rd position in the Under 14 Girls category in the 8th BRDCA Online Open Chess Tournament organized by the Bangalore Rural District Chess Association on 8th November 2022. She scored 4.5 points out of possible 10 rounds.

Congratulations Poojya!!!



SHREYA RAJESH
GRADE IV

Shreya Rajesh got third place in Karnataka State Under 13 Chess Tournament held at Bangalore from October 21st to October 23rd, 2022. She secured 6.5/8 and got a cash award prize of Rs 3000. She also got bronze in Karnataka State Under 11 Chess Championship held in Chamarajnagar in September 2022

Wishing many more accolades in the future!



A.RIKESH
GRADE I



Rikesh participated in an online Blitz tournament conducted by Bangalore Rural District Chess Association in chess.com platform on 8th November and achieved 4th position in Under 7 category with 4 points and received cash prize. He also achieved 4th position in a tournament conducted by Arius Learning Chess Academy conducted on 23rd October, 2022

UNDER - 07 BOYS CATEGORY PRIZES							
S.NO	RANK	PLAYER NAME	GENDER	RATING	TYPE	POINTS	PRIZE MONEY
1	58	Advik Kumar		0	U07	5	600
2	70	Niranjana A		0	U07	5	500
3	84	Krishiv Murarka		0	U07	4½	400
4	86	Rikesh A		0	U07	4	400
5	103	Rithik Charan J		0	U07	4	400



SAURJYESH DAS GRADE V

Saurjyesh played 'KYCA Mr. Jaswant Bakrania Memorial Cup 2022' T-20 tournament in October 2022. Their team reached the finals and won the tournament. Saurjyesh received the 'Man of the Match' award in the final match due to a 4-wicket haul. His bowling performance was instrumental in winning the prized final trophy.

Hearty congratulations and wishing many more accolades in the future.



23:11 60%

INFO SUMMARY SCORECARD COMMENTARY

PIAy SmArT CrIcKeT CaMp.

89/10 (16.4 Ov)

SCC Anantha Nagar won by 20 runs

1019 Total Views 2 Live Viewers

Player of the match [How?](#)

Dhruv (SCC Anantha Nagar)

INNINGS INSIGHTS

BEST PERFORMANCES

Batters	R	B	4s	6s	SR
Mahin Srikanth SCC Anantha Nagar	31	30	1	0	103.3
Aadithyan R PIAy SmArT CrIcKeT CaMp.	30	15	1	3	200.0
Plithik Reddy SCC Anantha Nagar	28	28	0	0	100.0

Bowlers	O	M	R	W	Eco
Dhruv SCC Anantha Nagar	4.0	0	22	4	5.50

[REMOVE AD](#)

PW 4.8 ★ FREE [INSTALL](#)

BASKETBALL

A.RIKESH
GRADE I



Rikesh participated and secured 1st prize in dribbling challenge and 2nd prize in target throw challenge in the Skill Challenge Competitions conducted by Rise Basketball Academy on 14th November. Also, he had won many compliments and a couple of noteworthy ones are - 'India book of Records' for his blindfold dribbling with maximum dribble and 3rd prize in interschool basketball dribbling competition 'Viva Vicious'.

Wishing many more accolades in the future.



VIBHI MAHESHWARI
GRADE I

Vibhi participated in the Basketball Skill Challenge competition held by Rise Basketball Academy and stood 2nd in dribbling challenge and 3rd in Target throw challenge .

Many Congratulations!!!



YOGA

S KEERTHI SRI GRADE VI

Our student, Keerthi participated in the 1st Open National Level Yogasana Championship organised by Avinash Yoga institute on 6th November and won 4th place from Karnataka.

Congratulations to Keerthi!!!



ROLL BALL

VEDD ASHISH PRAYAGI GRADE VII

Vedd got selected for Karnataka Sub-Junior (Under 14) Roll Ball team after being trained by Mr Maruthi, the school skating coach. The team played their first tournament, South Indian Roll Ball Championship 2022 on 12th November 2022 at Puducherry and bagged 3rd place.

Congratulations Vedd!!



BHUSHAN VINAY SURPUR
GRADE VIII

Bhushan got selected for Karnataka Sub-Junior(Under 14) Roll Ball team after being trained by Mr Maruthi, school skating coach. The team played their first tournament, the South Indian Roll Ball Championship 2022 on 12th November 2022 at Puducherry and bagged 3rd place. They played under the guidance of the state coach Mr. Manjunath.

Congratulations Bhushan!!



TENNIS

SAMRATJAY GRADE VIII

Samratjay participated in the Under 14 Tennis tournament held at MAT academy, Kadugodi on 25th October 2022 and won the runner-up trophy.

Congratulations Samratjay!!!



SCOUTS AND GUIDES

AMODITA P RAMEEZ GRADE VIII L

MAHALAKSHMI RIJESH GRADE X R



Amodita and Mahalakshmi have successfully completed the Tiritiya Sopan exam. They are now qualified for the Rajya Puraskar exam. Congratulations to both!



[Mail id: dpseastsportsnewsletter@gmail.com](mailto:dpseastsportsnewsletter@gmail.com)