



DELHI PUBLIC SCHOOL BANGALORE-EAST

SPORTS NEWSLETTER

SEPTEMBER 2022

“Victory is in the quality of competition and not the final score.”

– Mike Marshall



'MESSAGE'

“Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.”

-Dale Carnegie

Sports can be an excellent way of developing motor skills and even social skills. It not only improves one's physical wellness but also positively affects one's mental well-being.

I have been into skating for the last nine years and martial arts for the last five years. I have had the honor of representing our glorious state and country at both the events. I will be representing our country in Muay Thai coming December. I have also been privileged to be a part of the sports faculty at DPS-EAST.

During my time as an athlete, I have learned several meaningful lessons and continue to do so. Sports have not only taught me salient life lessons like patience and perseverance but it has also boosted my self confidence. Every game, match or competition always rewards me with a new experience and confidence. My parents, coaches and teachers have also played a significant role in guiding and supporting me. Without their support my journey would have been much harder.

Our school has constantly been motivating and uplifting talents to excel in sports. During my time in DPS-East, I have always received support and encouragement to pursue sports. I urge all my peers to involve themselves in sports and also open their minds to different and new sports like shot put, skating, martial arts, etc.

I request all students at DPS-East to feel free to share their achievements and experiences with the sports faculty at DPS-East. The coaches, teachers and sports captains at DPS-EAST will definitely support any ventures that you undertake.

“Success is not final; failure is not fatal: It is the courage to continue that counts.”

-Winston S. Churchill

Warm regards and best wishes

Ananya
Grade XII
Sports Captain



INDEPENDENCE DAY CUP KABADDI TOURNAMENT

“Set your goals high, and don't stop till you get there.”-Bo Jackson

Sports themselves have a vital role in making a child sound physically as well as mentally. Sports competitions instill various social skills and life skills which help our students to grow up as tomorrow's able individuals. Kabaddi is a traditional Indian sport which is an epitome of multitasking. It is a game of stamina, strategy, agility, endurance, resilience and team spirit. On 22nd and 23rd of August 2022, Delhi Public School Bangalore East hosted the 5th Independence Day Cup Kabaddi Tournament and was exultant to host 32 teams of great mettle.

The event began with lighting the lamp by respected dignitaries followed by welcome dance and introduction of 32 participant teams. Each team showed fantastic sportsmanship and exemplary skills in the game. They enthralled the audience with their brisk movements, extraordinary strategies, meticulous observation skills and impressive sync between their body and mind. The excitement and zest experienced throughout the tournament created a huge impact on the minds of the spectators.

Impressed with this tournament and the participants, we hope this event to be marked as a memorable event in our school sporting calendar and inspire many to reap the undeniable benefits by indulging in Kabaddi.

Click below to watch Kabaddi highlights-

<https://fb.watch/fNjDXKJ-KV/>





EXTRAORDINARY FEAT!!!

CHESS

PRANAV ANAND GRADE X

A proud moment!!

Pranav won the Gold Medal at the just concluded World Youth Under 16 Chess Championship at Mamaia, Romania, a day after becoming India's newest Chess Grandmaster (GM). He became the 76th GM of the country on Thursday when he crossed the 2500 chess Elo Rating mark, the last of the benchmarks needed for him to fulfill the GM title.

Congratulations to Pranav on the ultimate outstanding feat!!

[Click here](#) to read more



TENNIS

TANUSSH GHILDYAL GRADE IX

We are elated to share that Tanussh Ghildyal is selected to represent India in the finals of the upcoming ITF Asia Under 14 Development Championship 2022, to be held in Nonthaburi, Thailand from October 3rd to 13th.

Best wishes to Tanussh and the Indian team!

Tanussh secured 2nd place by reaching finals in the ASIAN Under 16 (Grade 1) Singles tournament organized by Tripura Tennis Association. The tournament was held from 10th September to 17th September 2022 in DDSC Tennis centre, Agartala.

Congratulations Tanussh!



HOCKEY

Yet another commendable feat!

In the D S Murthy & Radha Murthy Memorial Hockey tournament, DPS East Bangalore secured 3rd place and will now play the Presidential Cup round.

The team consisting of the sports staff, Mr. A Ijaz Ahmed, Mr. Paul Jabaraj and Mr. Madhu Pai and our students excelled in all phases of the game.

They won all 4 matches in the initial stage and qualified for 2nd league.

2nd phase Q/F League stage – Qualified

3rd phase stage matches on 28th August 2022. Results are as follows:

DPS East vs Shlok(5-8)

DPS East vs Falcons(5-5)

DPS East vs Aristocat(10-4)

Congratulations to the sports team!



INTER-SCHOOL COMPETITIONS

KARATE

Our school participated in the Inter-School Karate competition organized by New Horizon International School on 22nd and 23rd of August.

In Kata, first place was secured by Varnika Agrawalla of grade VI O in Under 12 Girls category and Yuvaakshi Mahendran of grade VII O in Under 14 Girls category.

In the Under 14 Boys category, Srijit Chakrabortk of grade VIII K got second place in Kumuti and third place in Kata.

In the Under 16 Girls category, Jia Khosla of grade IX Q got second place in Kumuti.

CONGRATULATIONS!!!



KABADDI

Our students (Under 14 Boys & Girls) participated in the New Horizon Cup, Kabaddi tournament and both categories got 2nd runner-up position.



CONGRATULATIONS TO THE TEAM!

BASKETBALL

Our school Basketball Girls Under 16 team participated in the New Horizon Cup 2022, state level Inter-School Basketball competition which was held on 26th & 27th August 2022 and emerged as runner-up.

Lassya Reddy of grade IX was awarded 'The Best Rebounder Award' in the tournament. Congratulations to Lassya and the team!!!



Our school Basketball Girls Under 14 team participated in the New Horizon Cup 2022, organised by NHPS, Indiranagar from 24th to 26th August 2022 and emerged as runner-up.

Sanvi Chhikara of grade VIII was awarded 'The Best Rebounder Award' in the tournament.

Congratulations to Sanvi and the team!!!



Our school Basketball Boys Under 18 team participated in the New Horizon Cup 2022 at State Level Inter-School Basketball tournament organized by New Horizon Gurukul School from 22nd & 23rd August 2022 and emerged as winners.

Sudeep Iyer of grade XI received the 'Most Valuable Player Award' in the tournament.

Congratulations to Sudeep and the team!!!



Our school Basketball Girls & Boys Under 18 team participated in the Volksfiesta inter-school Basketball tournament organized by Deens Academy, Gunjur on 25th & 26th August 2022 and both the teams emerged as winners.

Saachi Malhotra of grade XII received 'The Best Player Award' in the tournament.

Congratulations to Saachi and the team members!!



BADMINTON

SHAURYA NS
GRADE VIII

GITANJALI MENON
GRADE VIII

Shaurya NS of grade VIII and Gitanjali Menon of grade VIII secured second place in the Under 14 category in the New Horizon Badminton tournament.

Congratulation Shaurya and Gitanjali!



Our school Badminton team participated in the state level Inter-School Badminton competition organized by New Horizon International School from 25th to 27th of August.

Results are as follows:

Under 18 Boys & Girls

Pratham Prasanna - X- Gold

Arhan Chakraborty - XII (NIOS) - Bronze

Ashlesha -X Bronze



YOGA

Our school participated in the Inter-School Yoga competition conducted by Indo-Sunrise International School on 2nd September 2022.

Results are as follows:

Under 14 Girls

Roma Yoganand - Grade VI – 2nd place

Prisha Ahuja - Grade VII – 3rd place

Under 14 Boys

Parv Mahatma - Grade VII – 2nd place

Under 16 Girls

Anusha Pillai Grade VIII – 2nd place

Hita Shaji VIII – 3rd place

Under 16 Boys

Devansh Ayush Reddy VII – 2nd place



SCOUTS & GUIDES

Scouts and Guides team attended the Tritiya Sapan exam organized by St.Philomena's English school from 29th to 31st July 2022.



Scouts and Guides students participated in the Taluku Level Geethagayana Music competition organized by Govt. Secondary Boys School, Dommasandra on 17th August 2022.

Results are as follows:

Cubs and Bulbuls team secured 3rd place

Scouts students secured 3rd place

Guides students secured 1st place

The winners will now participate at district level.

Congratulations to the students.

All the best for the next level of the competition!





CONGRATULATIONS TO THE TEAM!

INDIVIDUAL ACHIEVEMENTS

CHESS

AARAV SAISH AMONKAR GRADE V

Aarav came 2nd in the SAS Ventures Open Fide Rapid Chess tournament 2022 in the Under 11 category. He gained 116 fide points in rapid rating. He also participated in the 2nd Starwarz Below 1600 Fide Rated Chess Tournament held in Kochi, Kerala and came second in it. He scored 5.5/9 points and got 86 fide points in standard format.

Congratulations to the young chess prodigy!



SHREYA RAJESH GRADE IV

Shreya clenched 1st prize in the Under 9 Girls in Karnataka state Under 15 State Chess tournament held in Udupi between 2nd and 4th September 2022. She bagged the trophy with 6 out of 9 rounds.

Congratulations Shreya!



RUGVED JOSHI
GRADE IV

Rugved participated in Vidhya + Chess Academy tournament on 11th September 2022. He scored 4 points out of 7 rounds and achieved 18th place out of 68 participants.

Wishing many more accolades in the future!!



CONGRATULATIONS !

SHASHWAT SINGH GRADE III

Shashwat participated in the Fide rating Chess Tournament on 28th August 2022 organized by SAS Ventures and Baseline in association with Decathlon. He came 1st in the Under 9 category.

Congratulations Shashwat !!!



A.RIKESH GRADE I

Rikesh achieved 1st position in the monthly tournament with 5 rounds and won Swiss format time control 15+5 conducted by Kaabilkids Chess Academy.

Heartiest Congratulations!!!



TRIATHLON

PLAKSHA TAMBE GRADE IX

Plaksha participated in her first Triathlon event on 28th August and completed the event in 1:54:54. She participated in the Sprint category where she swam 750m in Open Water, did 20km cycling and 5km run. Congratulations Plaksha!



SKATING

REYANSH RAO GRADE I

Reyansh won a Bronze medal in the Bengaluru Open District Skating competition 2022-23 representing Esther Roller Skating Center.

Hearty Congratulations !!!



ANANYA GRADE XII

We are proud to share that Ananya, our school sports captain, has been selected for Speed Slalom Skating in the National Games scheduled to take place in Gujarat in September-October 2022. She is the only girl selected from Karnataka.

We are proud of you Ananya...
All the best wishes for the competition !!



NO	NAME	STATE
1	ARHANT JOSHI	MAHARASHTRA
2	VISHVESH GANESH PATIL	MAHARASHTRA
3	SANCHIT BHANDARI	UTTAR PRADESH
4	SHIVANSH PATERIA	UTTAR PRADESH
5	S.SARAN ARAVIND	TAMIL NADU
6	SARVESH R	TAMIL NADU
7	DEVANANDHAN H.	KERALA
8	ARJUN KRISHNA R	KERALA
9	DEVEN VINOD BAMANE	KARNATAKA
10	JAI DHYAN S RAJ	KARNATAKA
11	KOCHERLA VENKATA MURALI MANOHAR	ANDHRA PRADESH
12	PARTHAV AGHARA	GUJRAT
13	JAINAM PRAJAPATI	GUJRAT
14	KAPIL PANWAR	RAJASTHAN
15	A. GIRIDHARAN	PUDUCHERRY
16	TILUCK KEISAM	DELHI

NO	NAME	STATE
1	PRACHI SINGH	UTTAR PRADESH
2	KHUSHI BHANDARI	UTTAR PRADESH
3	SAMIKA SAMEER KHIVANSARA	MAHARASHTRA
4	SNEHA ANAND	MAHARASHTRA
5	S.PIYUSHA TARINI	PUDUCHERRY
6	MERLIN DHANAM ARPOUDAM A	PUDUCHERRY
7	SANJANA SUNDAR	TAMIL NADU
8	A.SHREE VIDHYA	TAMIL NADU
9	LAKSHMI S JYOTHI	KERALA
10	ARCHA P	KERALA
11	ANANYA	KARNATAKA
14	BONTHAPALLI ASHRITHA	ANDHRA PRADESH
15	NAISHA SOOD	GUJRAT
16	ACHAL PATEL	GUJRAT

CRICKET

SAINA KAPOOR GRADE IX

Our student Saina Kapoor of grade IX has got selected for the KSCA Inter-Zonal Women's Cricket team.

Congratulations and all the best!

[Click here](#) to see the list.



BADMINTON

PEEYUSH TRIPATHY GRADE VI

Peeyush participated in the Under 13 Karnataka State Ranking Badminton tournament, held in Akshaya Sports Academy, Bangalore from 17th – 22nd August . He showed excellent demonstration of badminton skills and secured 3rd place as semi-finalist in the tournament. He also participated in PNB Metlife sponsored Junior Badminton Championship (JBC) All India Badminton Tournament held at YuVe Badminton Academy, Bangalore and secured 3rd place as semi-finalist in the tournament.

Congratulations Peeyush!



KARATE

ARUNDHATI MOORTHY GRADE VIII

Arundhati participated in the 14th Sensei Vishnu Memorial National Open Karate Championship 2022 on 12th August in Trivandrum, Kerala. She won Gold in 13 years Girls Kata and Gold in 50 Kg Girls Kumite (fight) events. The awards were presented by Grand Master Soke Hanshi Masataka Ohshita.



Congratulations Arundhati!



VISHNU MOORTHY GRADE IV



Vishnu participated in the 14th Sensei Vishnu Memorial National Open Karate Championship 2022 on 12th August in Trivandrum, Kerala. He won Silver in 9 years Boys Kata and Gold in 30 Kg Boys Kumite (fight) events. The awards were presented by Grand Master Soke Hanshi Masataka Ohshita.

Heartiest Congratulations!!!



WUSHU

SANAYA SINGH GRADE II

Sanaya received a Bronze medal in the event Changquan 'c' Part 1 in the 11th Bangalore District Wushu Championship held at Oakridge International School in July.

She also got upgraded to Orange Belt from Yellow Belt in Wushu in Wushu Level Grading Certificate.

Congratulations for the achievements!!!



SWIMMING

AAYANSH SINGHAL GRADE III

Aayansh won 5 medals in the Swimming Championship held on 12th September. This was an open championship held by Fitso(cult.Fit) and he won medals in different events/styles.

Heartiest Congratulations for the achievements!!!



INTER-HOUSE COMPETITIONS

Yoga

Grade 1st and 2nd (Kids –‘B’)

Boys category

1 st place	Rudransh Tiwari	II D (Ganga house)
2 nd place	Yashvardhan Palepu	II L (Cauvery house)
3 rd place	Akshaj Sharma	I F (Cauvery house)

Girls category

1 st place	Sanaya	II O (Godavari house)
2 nd place	Anagha H	II A (Cauvery house)
3 rd place	Amaya Jain	1G (Cauvery house)



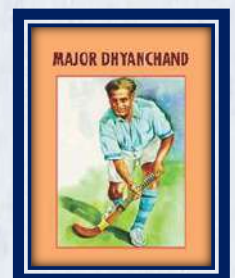
NATIONAL SPORTS DAY



LET'S CELEBRATE THE SPIRIT OF SPORTSMANSHIP AND FAIR PLAY

India celebrates National Sports Day on 29th August to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. It was in 2012 when the day was first designated and celebrated as India's National Sports Day. Rashtriya Khel Diwas' or National Sports Day's primary motto is to promote awareness about the importance of sports and being physically active in the daily life of all the citizens: old or young. The day is also dedicated to the nations' sports heroes and champions, honouring their contribution and dedication towards bringing laurels to the country. It aims to raise awareness about the values of sports- discipline, perseverance, sportsmanship, teamwork and to encourage the public in large to take up sports and make it an integral part of their lives while emphasizing on the importance of being fit and healthy. The President of India gives away sports awards such as the **Major Dhyan Chand Khel Ratna Award, Arjuna Award, Dronacharya Award, and Dhyan Chand Awards** on this occasion.

This year the 'Ministry of Youth Affairs & Sports' (MYAS) and 'Fit India Mission' aimed to take FIT India movement to Schools/Colleges/Ministries/Govt & Pvt Organizations by encouraging them to participate in sports/fitness activities in a grand manner on the occasion of National Sports Day on 29th August.



A FAREWELL TO A SPORT, BUT NEVER TO SPORTSMANSHIP !

Roger Federer bids tearful farewell to Tennis



“Play with respect, win with grace.”

-Roger Federer

Roger Federer is one of this generation's greatest tennis players. Having won 103 Association of Tennis Professionals titles and 8 Wimbledon titles among others, his name is commonly associated with talent and the utmost professionalism. He got his first major win at the early age of 21 at Wimbledon, and continued on to achieve greatness in the field. He received many awards throughout his career like the Stefan Edberg Sportsmanship Award and Laureus World Sportsman of the Year. Outside of his career, Roger Federer is a compassionate philanthropist, committed to helping impoverished children in Africa.

As Roger Federer closed his successful tennis career the previous week, we were able to witness the monumental sight of the impact he has had on the industry. The sight of Roger's arch nemesis Rafa Nadal bursting into tears and the two men holding hands has reminded the world of the true meaning of sportsmanship. It is not about a rivalry that extends beyond the confines of the game, but about the appreciation of each other's talent. It is not about enforcing gender norms, but freeing people from them. It is not about breaking people down to better yourself, but growing as a team and supporting each other when it is most needed. The display of authentic sportsmanship by Roger and Rafa has shown the world the uniting power of sports as well as morals that can be adopted outside the sports world for the betterment of our daily lives.

**By -
Siri Girish Hegde
Grade XI M**

