

# DELHI PUBLIC SCHOOL BANGALORE-EAST

## SPORTS NEWSLETTER

JUNE 2022

*"Sports do not build character. They reveal it."*

*-Heywood Broun*



**DR. S GANESAN**  
**SPORTS DIRECTOR**

**“Never say never because limits like fears are often just illusions.”**  
**- Michael Jordan**

Greetings for the academic year 2022-23.

As another exciting year at Delhi Public School Bangalore East begins, I'm excited to welcome students, parents/guardians, coaches and teachers to the 2022-2023 sports program. After the pandemic, we are back on the ground, eager to provide an avenue for our students to learn from the highs and lows, successes and failures, accomplishments and setbacks, which will allow students to move toward maturity.

OR



At Delhi Public School Bangalore East, our students are actively involved in sports and we compete at the highest level. We are proud of our tradition of sports excellence, 'not just to win, but to win with honor'. We believe that sports should function as an integral part of the total curriculum aiming at the holistic development of our students. They develop values like coordination, multi-tasking and situational awareness which will also help in enhancing their academic skills.

We at DPS East encourage participation by offering a wide variety of programs – 27 sports along with NCC, Scouts & Guides. Our students can find a place where they can showcase their talents as our school continues its rich tradition of sports excellence.

This academic year DPS East has designed sports curriculum as follows:

Grade 1 & 2 will learn all the sports, including swimming.

Grade 3 – 5 will choose any one sport of their choice for 2 months.

Grade 6 -12 will choose any one sport of their choice for 3 months after which they can continue or change their sport.

Our students are powerhouses of talents and skills, which are manifested as feats and achievements in various sports events. I wish that our students strive to be competitive in sports while maintaining good academic performance and positive behavior throughout this academic year.

**Warm Regards**  
**Dr.S Ganesan**  
**Sports Director**

# INTERNATIONAL YOGA DAY

International Yoga Day has been celebrated every year on 21<sup>st</sup> June since 2015. Yoga is derived from the Sanskrit word 'yog', which means 'union'. Yoga is an ancient Indian practice that helps in maintaining physical and mental well-being. The theme this year was decided by the UN to be "Yoga for Humanity".

The International Yoga Day was celebrated on 21<sup>st</sup> June 2022, at Delhi Public School Bangalore East, with great reverence. A large number of students, teaching and non-teaching staff attended the event this year. The students were asked to come to school in comfortable attire. The function began with the lighting of the lamp by respected Vice Principal ma'am, Ms.Priti Ssoota, Head Mistress Ms.Reshu Goyal, the Physical Education teachers and other teaching and non-teaching staff. This was followed by an inaugural speech by our respected Vice Principal ma'am in which she spoke about the importance of Yoga in the life of youngsters. She encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind.

The students of Grades V to VIII participated enthusiastically in 'Mass Yoga' and performed various asana under the supervision and guidance of the Physical Education teachers. Various events and activities were planned to encourage the children to adopt a healthy lifestyle. There was a Yoga dance performance by the students followed by various competitions like poster making, slogan writing, clay modeling, logo making, etc keeping in mind the theme of Yoga.

The celebration concluded with some breathing techniques and exercises like Pranayams, Meditation and Relaxation. Yoga has the power to promote good health, maintain the balance of the body, mind and soul together and helps in leading a healthier lifestyle. Celebrating Yoga Day serves as a conscious reminder of how important our health and well-being is and how we should all practice Yoga to lead a healthy lifestyle.





# ACCOLADES !!!

# FOOTBALL

RITISHA AGARWALA  
GRADE IX



RITVIK AGARWALA  
GRADE IX



RHEANNA JACOB  
GRADE VII



MEDHA GUPTA  
GRADE IX



Our students took part in the II State Mini Olympic Games 2022 (Bangalore), organized by the Department of Youth Empowerment and Sports. The Under 14 tournament was held from 16<sup>th</sup> to 22<sup>nd</sup> May 2022. It included multiple sports and had teams participating from across Karnataka. The tournament was inaugurated by the Karnataka Chief Minister, Shri Basavaraj Bommai and the Governor, Shri Thawar Chand Gehlot.

Ritisha Agarwala, Ritvik Agarwala and Medha Gupta of Grade IX and Rheanna Jacob of Grade VII emerged as winners.

Ritvik represented the Bangalore Under 14 Football Boys team and won the cup.

Ritisha represented the Bangalore Rural Under 14 Football girls team and her team settled for runner up.

Medha Gupta and Rheanna Jacob were part of the Bangalore Urban Under 14 Girls team who won 1<sup>st</sup> place and the gold medal.

Congratulations to the winners!

**Click here to watch the video**

[https://www.youtube.com/watch?time\\_continue=27&v=W8i5uL7Q5pg&feature=emb\\_title](https://www.youtube.com/watch?time_continue=27&v=W8i5uL7Q5pg&feature=emb_title)



# ACCOLADES !!!

ARVIN PALATT CHIRAKKARA  
GRADE VI



Arvin's team, the BFC Academy Under 13 claimed a big win over BCFC in the final of the Double Pass Development League 2022 - 23. Arvin caught everyone's attention with his exceptional talent. He left a lasting impact on his opponents and ensured his team the win they deserved.

Arvin contributed 2 goals to the tally and was awarded 'The Player of the Final Title.

We wish the budding football star good luck for the upcoming matches!

A commemorative banner for Arvin Palatt Chirakkara, 'Player of the Final' of the Double Pass Development League 2022-23. The banner features a photo of Arvin receiving a trophy from a man. The background is a grid of sponsor logos including Double Pass Development League, Acer, Maverick &amp; Farmer Coffee, Yantra, The Prana, and Karumkasa Toot. The text 'UNDER 13 PLAYER OF THE FINAL' is prominently displayed at the top right. At the bottom, it reads 'BENGALURU FC ACADEMY' and 'ARVIN PALATT CHIRAKKARA'. The banner also includes logos for 'OFFICIAL VENUE PARTNER' and 'OFFICIAL VENUE PARTNER'.

# ACCOLADES !!!

## CHESS

A RIKESH  
GRADE I



Rikesh is a beginner in Chess. Initially he learnt playing the game on his own but later he joined Kaabil Kids Chess Academy. He enjoys playing the game and recently won the 4<sup>th</sup> position in the online tournament conducted by Kaabil Kids Academy which is a Swiss tournament time control 15+1 with 4 win 1 draw.

He also achieved 4<sup>th</sup> position runner up in an online 2<sup>nd</sup> monthly Chess tournament conducted by Arius learning on April 30, 2022 which is also a Swiss format 5 rounds time control 10+0 with 4 win 1 lose.

Congratulations Rikesh!!





# ACCOLADES !!!

SONIKA DAS  
GRADE IX

Sonika participated in the Karate competition organized by Resilience Sports and Fitness on 19<sup>th</sup> June 2022 and has attained 2<sup>nd</sup> KYU Brown belt I.

Congratulations Sonika.



# ACCOLADES !!!

ARUNDHATI MOORTHY  
GRADE VII



Arundhati participated in the 2<sup>nd</sup> State-level Open Karate Championship 2022 held in Mysuru on 8<sup>th</sup> May 2022. She won first place in the Kata Championship under the 13-15 years age category. Her achievement was published in the local newspaper.

We are proud of you Arundhati!



ರವೀಂದ್ರನಾಥ್ ಅವರನ್ನು ಎತ್ತಂಗಡಿ ಮಾಡಲಾಗಿದೆ ಋಣ ಚುಕ್ಕೆ ಮಾಡುತ್ತಿದ್ದಾರೆ ಎನ್ನುವುದು ಜನರಿಗೆ  
ಎಂದು ಅವರು ಪರೋಕ್ಷವಾಗಿ ಐಐಎಸ್ ಅಧಿಕಾರಿ ಗೊತ್ತಾಗಬೇಕೆಂದು ಕುಮಾರಸ್ವಾಮಿ ಹೇಳಿದ್ದಾರೆ.



ಮೈಸೂರಿನಲ್ಲಿ ನಡೆದ 2ನೇ ರಾಜ್ಯಮಟ್ಟದ ಕರಾಟೆ ಚಾಂಪಿಯನ್ ಶಿಫ್ಟ್ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಶಿರ್ಡೋರ್‌ಯು  
ಶುಕೋಚೈ ಕರಾಟೆ ಡೋ ಇಂಡಿಯಾ ತಂಡವು ನಾಲ್ಕು ಚಿನ್ನದ ಪದಕ, ಮೂರು ಬೆಳ್ಳಿ ಪದಕ ಮತ್ತು  
ಒಂದು ಕಂಚಿನ ಪದಕವನ್ನು ಪಡೆದುಕೊಂಡಿದೆ. ಕರಾಟೆ ಪಟುಗಳಾದ ಜೋಹಾನ್ (3ನೇ ಸ್ಥಾನ),  
ಜೋಹನ್ (2ನೇ ಸ್ಥಾನ), ಅರುಂಧತಿ (1ನೇ ಸ್ಥಾನ), ವಿಷ್ಣು (1ನೇ ಸ್ಥಾನ), ರಜನೀಲ್ (1ನೇ ಸ್ಥಾನ),  
ಪ್ರಕಾಶ್ (1ನೇ ಸ್ಥಾನ), ಶಿಶೋರ್ (2ನೇ ಸ್ಥಾನ) ತರಬೇತುದಾರ ಶಿವಗುರು ಇದ್ದಾರೆ.

# ACCOLADES !!!

ADITYA & SUJESH  
GRADE VII



Aditya won a Gold medal in Kumite and a Bronze Medal in Kata in the Under 14 category in Kenyu Ryu National Karate Championship held at Kalpetta Wayanad, organized by Japan Karate Do Kenyu Ryu India.

Well done Aditya!



# ACCOLADES !!!

## ABHINOBO BHATTACHARJEE GRADE VI



Abhinobho participated in the Kenyu Ryu National Karate Championship 2022 held at Krishna Gowder Auditorium, Kalpetta, Wayanad, Kerala, on 28<sup>th</sup> and 29<sup>th</sup> May 2022 and achieved 2<sup>nd</sup> Place in individual Kumite in the Under 12 Boys Kumite category. He also won 2<sup>nd</sup> place in Individual Kumite in the Under 12 Boys Kata category.

Congratulations Abhinobho!



  
 空手道

**KENYU RYU NATIONAL KARATE CHAMPIONSHIP 2022**

ORGANIZED BY JAPAN KARATE DO KENYU RYU INDIA  
 WORLD H.Q : OSAKA - JAPAN  
 MEMBER KARATE KERALA ASSOCIATION AFFILIATED WITH KARATE INDIAN ORGANIZATION,  
 WORLD KARATE FEDERATION (WKF), ASIAN KARATE FEDERATION (AKF) COMMONWEALTH KARATE FEDERATION (CKF),  
 SOUTH ASIAN KARATE DO FEDERATION (SAKF) WKF RECOGNISED BY INTERNATIONAL OLYMPIC COMMITTEE (IOC)

*Certificate*

This is to certify that Mr/Miss. Abhinobho Bhattacharjee.....

participated in the Kenyu Ryu National Karate Championship 2022 held at Krishna Gowder Auditorium , Kalpetta, Wayanad, Kerala, India on 28<sup>th</sup> and 29<sup>th</sup> May 2022 and achieved First / Second / Third Place in individual Kata / Individual Kumite in male / Female, Colour / black belt. Below 12 years Boys kata... Category.

  
 Gireesh Perumthatta Kyoshi  
 President, Chief Technical Director,  
 Asian Kenyu Ryu Karate Do Federation  
 7<sup>th</sup> Dan Black belt- Japan, National Federation & WKF  
 Judge - Asian Karate Federation

  
 Shihan K. Sunilkumar  
 General secretary  
 All India Kenyu Ryu Karate Do Federation  
 6<sup>th</sup> Dan Black belt- Japan  
 5<sup>th</sup> Dan Black belt WKF

  
 Shihan P.D. Surendran  
 Treasurer  
 All India Kenyu Ryu Karate Do Federation  
 5<sup>th</sup> Dan Black belt- Japan  
 5<sup>th</sup> Dan Black belt National Federation

www.kenyuryuindia.com

  
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 5<sup>th</sup> Dan Black belt National Federation

www.kenyuryuindia.com

# ACCOLADES !!!

VISHNU MOORTHY  
GRADE IV



Vishnu participated in the 2nd State Level Open Karate Championship 2022 held in Mysuru on 8th May, 2022 and secured the first place in the Kata Championship Under 9 years age category. He also won the Silver in Kumite (fight) Under 30kg-category.

Congratulations on your success! The sky's the limit!!



ಎಂದೂ ಆವರು ಪರೋಕ್ಷವಾಗಿ ಐಪಿಎಸ್ ಅಧಿಕಾರಿ ಗೊತ್ತಾಗಬೇಕೆಂದು ಕುಮಾರಸ್ವಾಮಿ ಹೇಳಿದ್ದಾರೆ.



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# ACCOLADES !!!

## KICKBOXING

ANANYA  
GRADE XII



Ananya participated in the Kickboxing competition organised by Combat Galaxy Fight Promotion held on June 18-19, 2022 at Bangalore and won a gold medal.

Earlier this year, she participated in the 5<sup>th</sup> South India Muaythai Championship 2022, and won the gold medal. The competition was held in Bangalore on April 30 & May 1, 2022.

Long way to go Ananya.

We are proud of you!



# ACCOLADES !!!

## ROLLER SKATING

ADVIKA TILAK  
GRADE V



Advika is passionate about Roller Skating and has successfully completed the Level-1 certification in the Roller Skating course. The certification competition was organised by the Flying Roller Skating Academy.

Well done Advika!



Reg No :DRB3/SOR/523/2020-2021.

 **FLYING ROLLER SKATING ACADEMY**  
No.879, 12th Cross, LakshmiLayout, Munnekolala,  
Marathahalli Post. Near Govt.School, Bangalore-560037. KARNATAKA.

**CERTIFICATE  
OF COMPLETION**

*This is to Certify*  
**Advika Tilak**

*For Successfully Completing Beginner (Level 1)  
Roller Skating Course - 2022  
From FLYING ROLLER SKATING ACADEMY*

  
SPEED  
ARTISTIC  
ROLLER HOCKEY  
INLINE HOCKEY  
INLINE ALPINE  
INLINE FREESTYLE  
INLINE DOWN-HILL  
ROLLER DERBY  
ROLLER FREESTYLE  
SKATEBOARDING

  
President  
Sunil . A

  
Coach  
F.R.S. Academy

  
Secretary  
Ashwinkumar Upadhy

# ACCOLADES !!!

DISHITA TILAK  
GRADE III



Dishita loves Roller Skating. It's a passion for her. She has successfully completed the Level 1 certification in Roller Skating course. The certification competition was organised by the Flying Roller Skating Academy.

Keep it up Dishita!!





# ACCOLADES !!!

## TENNIS

**SAHIL MEHENDIRATTA**  
**GRADE III**



Sahil is an ardent Tennis player. He has recently participated in a Tennis tournament organized by 'MAT Sports Academy' in Bengaluru and won the finals Under 10 category. He was awarded the winner's trophy along with a certificate and the prize money of Rs.2000.

He also secured the runners-up position in Under 10 Karnataka State Ranking Tennis Tournament held at Fortune Sports Academy, Kangeri on 23<sup>rd</sup> & 24<sup>th</sup> April, 2022.

Congratulations Sahil!!



# ACCOLADES !!!

## BADMINTON

RHEA SANJAY  
GRADE VII



Rhea participated in the 'Cap Life Badminton Tournament' in the Under 15 girls category and secured the Winner prize in the tournament for her brilliant performance.

Well done Rhea!



# ACCOLADES !!!

SHASHWAT SINGH  
GRADE III



Shashwat is a passionate Badminton player. He recently secured the 1<sup>st</sup> position in the Sub Junior Category of the Badminton Tournament which was conducted by Kars Sports Academy, Sarjapur road.

Congratulations Shashwat!  
Keep soaring high!!



# ACCOLADES !!!

## CROSS RUN

TANISHI TAMBE  
GRADE IV



Tanishi loves adventure. She is an enthusiastic athlete. She participated in the Bangalore Mountain Festival held on 12<sup>th</sup> June, 2022 where she ran 15 kms in the Avathi hills.

Congratulations and best wishes for your next adventure!



# ACCOLADES !!!

# CRICKET

SHAURYA N S  
GRADE VIII



Shaurya participated in the Gopalan Cup Under 14. His team reached the finals. He was the captain of his team Kreeda Kshetra. In the Under 14 category, his team Kreeda Kshetra reached the semi-finals and lost to Six Academy. In the Under 16 category, his team Kreeda Kshetra could not make it to the finals but Shaurya's performance was appreciated by all.

He was ranked 6<sup>th</sup> in the 'Most Valuable Players' list and 8<sup>th</sup> in the 'Leading Bowlers of the Tournament' category.

We wish him luck for the upcoming matches!

MATCHES	LEADERBOARD	POINTS TABLE	STATS
	<b>Dhruv Krishnan</b> (SIX ACADEMY U-14)	02	Inn: 05   W: 9   Eco: 3.50   Avg: 9.78
	<b>Ahan</b> (COOLULU CA U-14)	03	Inn: 04   W: 9   Eco: 4.85   Avg: 9.33
	<b>Leshan</b> (NICE)	04	Inn: 06   W: 8   Eco: 3.84   Avg: 14.88
	<b>Samarth Srivatsan</b> (KREEDA KSHETRA)	05	Inn: 05   W: 7   Eco: 5.81   Avg: 17.14
	<b>Kush Kumar Jha</b> (GSCA U-14)	06	Inn: 04   W: 7   Eco: 6.43   Avg: 14.86
	<b>Thanishka Naveen</b> (NICE)	07	Inn: 04   W: 7   Eco: 6.91   Avg: 15.14
	<b>Shaurya Leggie</b> (KREEDA KSHETRA)	08	Inn: 05   W: 6   Eco: 3.79   Avg: 15.17
	<b>Mohith Pawan</b> (SPIRITED CC)	09	Inn: 05   W: 6   Eco: 4.25   Avg: 11.33
	<b>Jaivardhan Coolulu</b> (COOLULU CA U-14)		REMOVE AD

MATCHES	LEADERBOARD	POINTS TABLE	STATS
BAT	BOWL	FIELD	MVP
All Teams			
How is Most Valuable Players Calculated?			
01	<b>Dhruv Krishnan</b> SIX ACADEMY U-14	41.02	
02	<b>Amegh</b> GSCA U-14	31.012	
03	<b>Leshan</b> NICE	30.79	
04	<b>Arjun Potti</b> KREEDA KSHETRA	29.73	
05	<b>Anvay D</b> SIX ACADEMY U-14	29.31	
06	<b>Shaurya Leggie</b> KREEDA KSHETRA	28.30	
07	<b>Chiru</b>		REMOVE AD

# ACCOLADES !!!

**ANIRUDH RAYASAM**  
**GRADE VI**



Anirudh participated in the Under 12, Under 14 and Under 16 'Save Water Cricket Tournament 2022' organized by Gopalan Sports academy and was awarded 'Player of the match' in a Under 12 game. Well done Anirudh!

We wish you good luck for the upcoming tournaments!

