



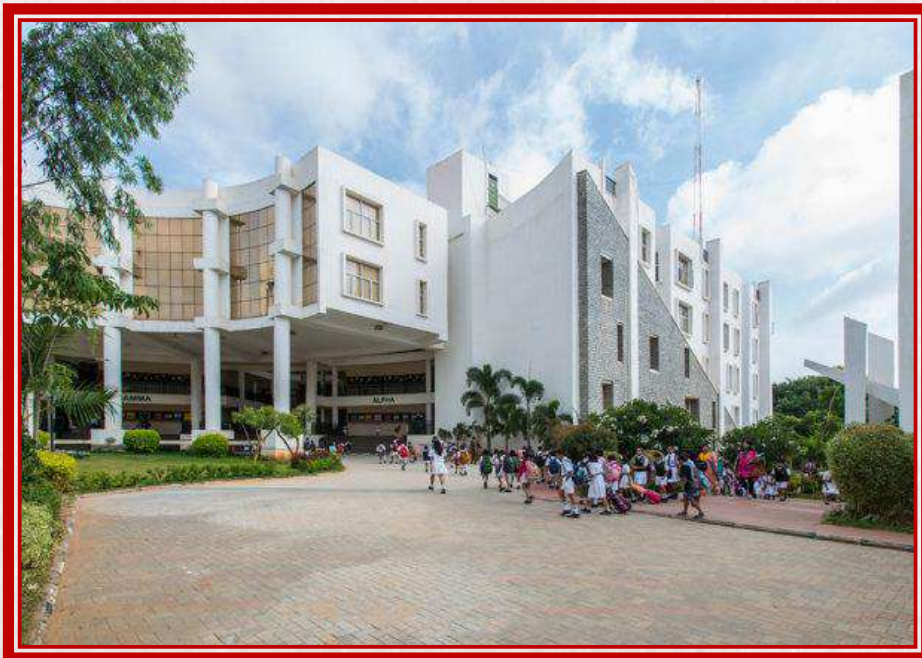
DELHI PUBLIC SCHOOL BANGALORE EAST

SPORTS NEWSLETTER

MARCH 2023

Continuous effort – not strength or intelligence – is the key to unlocking our potential.

-Liane Cardes



MESSAGE

“I plan on taking athletics as far as I can.” -Dwayne Johnson

The words “athlete”, “athletics”, are Greek. An athlete was, literally, one who “contended for a prize”. The ancient Greeks thought much of athletic contests, and glorified successful athletes. They crowd from all over Greece to the Olympic Games, held once every four years. There the chief, and at first the only, event was the “stadium”, or foot race of two-hundred yards. The winner of the prize for this race, the olive wreath, was regarded as the greatest man in Greece.



Other contests were added—running, jumping, wrestling, boxing, and javelin-throwing and hurling the quills. To win in any of these contests was to win great honour. Modern athletics include all these forms of sport, with physical and gymnasium drills; along with manly games, like cricket, football, hockey, tennis, etc.

The first use of athletics is that they improve physical health. Athletics harden the muscles, expand the lungs, and make the body strong and fit. They supply the body with exercise so necessary for the maintenance of health.

Moreover, athletics teaches self-control. No man can be a good athlete who does not control his appetite. He cannot eat and drink what he likes, or he will become ‘soft’. In training, an athlete has to put on a very strict diet and is not allowed to drink or smoke. So athletics strengthens willpower.

In schools and colleges, too, games and athletic sports may take up much of the time and attention which should be given to studying. Often the best athletes are the worst students. Athletics should be a recreation. But when games and sports become the chief interest in life and are exalted into a serious profession, they do more harm than good. On the whole, however, the balance is in favour of athletics, which keeps the body, the animal side of us, fit; for, as Herbert Spencer said, “The first requisite to success in life is to be a good animal”.

Warm regards
Nathan.R
Physical Department

MESSAGE

Dear all,

The timeless words of Winston Churchill ring true today as they did when he first uttered them: “Success is not final, failure is not fatal: it is the courage to continue that counts.” These words remind us that perseverance and dedication are crucial in the face of adversity. Success is not a one-time event, but rather a continuous journey that demands persistence and the ability to bounce back from failures.

Our sports students’ achievements in various competitions, despite the ongoing examinations, are a testament to their courage and determination. Their success is not final, and undoubtedly they will face challenges in the future, but their ability to continue striving for excellence is what truly matters. With immense pride and pleasure, we present this month’s newsletter showcasing the achievements of our talented students who have emerged as champions in their respective events. It is especially noteworthy that these accomplishments were achieved during a month of important examinations, highlighting their commitment to both academic and athletic pursuits.

We extend our heartfelt congratulations to our exceptional champions for their extraordinary effort, unwavering perseverance, and unparalleled excellence on the field, court, and track. Your impressive success has left a profound impact on our entire school community, serving as a true inspiration and a testimony to your commitment to the pursuit of excellence in all endeavors.

UNFORGETTABLE PERFORMANCES!!!

Ananya Brings Home Silver at 5th International and Thai Martial Arts Games and Festivals

We are thrilled to share that Ananya, a rising star in the world of martial arts, recently represented India at the 5th International and Thai Martial Arts Games and Festivals. The championship was held in Ayutthaya, Thailand, from March 12-17, 2023, and featured fighters from 40 countries around the world.

Ananya's impressive skills and determination earned her a well-deserved silver medal, bringing honor to her country and herself. We congratulate Ananya on her outstanding performance and are proud to see her making waves on the international stage.

Keep up the great work, Ananya!



Lawrence Marina Shines at “Running for Wellness” Marathon



We take great pride in announcing that Lawrence Marina, from the Physical Education Department, participated in the “Running for Wellness” 5K marathon, organized by Treda on February 26th, 2023, at the Government Public Ground Community Space in Gunjur, Bangalore. Congratulations to Lawrence Marina for making us proud!



DPS Bangalore East's Under 14 Cricket Team Triumphs with Incredible Victory!

The Under 14 DPS Bangalore East cricket team secured a mind-blowing victory in two matches, bringing the winner's cup home. They defeated Southern Western Railways(SWR), K R Puram by 105 runs, and the Indian Institute of Science (IISC Gymkhana) by 51 runs. The team's focus, dedication, and commitment led to this incredible achievement. Mr. Rajaram's coaching skills and Mr. Madhu Pai's support are highly appreciated. Congratulations to the team!

Delhi Public School East (U-14) Won by 51 Runs

 Delhi Public School East (U-14) 308/6 50.0 Ov	-V-	 Delhi Public School South (U-14) 257/10 44.2 Ov
28 Feb 2023		
Indian Institute of Science (IISC Gymkhana)		

Delhi Public School East (U-14) Won by 105 Runs

 Delhi Public School East (U-14) 233/9 50.0 Ov	-V-	 Max Muller High School (U-14) 128/10 32.5 Ov
27 Feb 2023		
South Western Railways (SWR) K R Puram		



Karnataka State Hockey State-Level Tournaments

Our hockey team has achieved an unbroken string of victories in state-level tournaments organized by the Karnataka State Hockey Association from August to December. Starting with securing 3rd place in the DS Murthy Memorial Hockey tournament, they continued their winning streak by achieving 3rd place in the prestigious Presidential Cup. The team emerged as champions with a clean sweep in the KSHA 'C' Division league. As a result, they have qualified for the Super Division to compete against the top divisional teams in the state.

Congratulations to the team and best wishes for the upcoming tournaments!!



Congratulations Team !

INDIVIDUAL ACHIEVEMENTS!!!

FOOTBALL

MEDHA GUPTA
GRADE IX

Medha Gupta has won the first edition of the TAL Women's League as a part of KEMP FC, held at South United Club in Bangalore. She also received the top scorer award in the league.

Congratulations Medha!!



KUNG FU

JISHNU MUKHERJEE
GRADE IV

Jishnu participated in the 2nd Karnataka State Kuo Shu Championship (Kung Fu) 2022 held on 3rd December and won bronze medals in two categories (Tuolu 2 and Nunchaku) at the state level.

Congratulations Jishnu !!!



RISHIT MUKHERJEE
GRADE UKG

Rishit participated in the 2nd Karnataka State Kuo Shu Championship (Kung Fu) 2022 held on 3rd December and won silver medal in Tuolu 1 category at the state level.

Congratulations Rishit !!!



Mail id: dpseastsportsnewsletter@gmail.com