



DELHI PUBLIC SCHOOL BANGALORE-EAST

SPORTS NEWSLETTER

OCTOBER 2022

“A man who wins is a man who thinks he can.” - Roger Federer



MESSAGES

“Through practice comes yoga, through yoga comes knowledge, through knowledge love and through love bliss.”

- Swami Vivekananda



Dear parents and students,

Yoga brings together mind, body and breath to produce a perfect balance within us and can be the perfect addition to the school curriculum. As we all know a healthy mind creates a healthy body to lead a happy and peaceful life. Yoga plays a very important role in keeping ourselves healthy, physically as well as mentally.

In DPS East we make the youngsters understand the benefits of yoga and also inculcate yoga in their everyday life. Practicing yoga helps students in various ways. It helps in managing stress, enhancing concentration, instilling confidence and self-control, strengthening endurance and much more.

It helps make the young mind clearer and produces the essence of peace in them. It also helps students get to a quiet mind space, which can make it easier to concentrate when reading, studying and sitting through lectures. Here we have designed our yoga curriculum in such a way that will help our students for their all round personality development. Students of our school take part in inter-house as well as inter-school Yoga competitions which provide them a platform to showcase their talents and also help them to build up confidence. We also celebrate International Yoga day with great enthusiasm in our school..

Being a Yoga teacher in DPS East I have seen a very positive impact of yoga on students. By practicing yoga, students are becoming more attentive, they are able to control their emotions, and be confident. Last but not the least I would like to thank the management of DPS East for promoting yoga for the well being of students.

“Yoga allows you to find a new kind of freedom that you may not have known even existed.”

-BKS Iyengar

Warm Regards

Prabina Kumari Dhar

Senior Yoga Trainer

Department of Physical Education

“Falling in life is inevitable - staying down is optional.”

- Carrie Johnson



Dear students,

My foray into the world of chess started when I was in the third grade. I have contested in countless competitions from state level tournaments to international level tournaments and have accrued an ELO rating of 2118.

In my 9 years of playing, the main skill I have acquired is perseverance. There has been times I faced defeats so awful that it caused me to lose hope in my ability to play well. In such times what makes the difference and allows one to grow is the will to not give up, but to learn from your mistakes and move on. The faster you realize this the better you become. In these times having support from coaches and family is also pivotal.

Our school gives due importance to sports along with academics and encourages students' involvement in sports. School teams are regularly taken for tournaments in all types of sports thus providing exposure to students. Our faculty has always been very supportive. Extra classes are provided to help students cover up the portions missed and retests are scheduled to ensure continuity in academics.

I urge all my fellow students to involve themselves in any sport they like. Do not restrict your growth by not working on your innate talents . I assure you our school will be very supportive in any endeavour you undertake.

“You can't put a limit on anything. The more you dream, the farther you get.”

- Michael Phelps

Warm Regards
Kaushik G. Iyer
Grade XII
Sports Captain

EXTRAORDINARY FEAT!!

“You learn more from losing than winning. You learn how to keep going.”

- Morgan Wootten

Making India proud!!!

Tanuss Ghildyal wins the individual singles event at the ITF Asia Under 14 Development Championships 2022 (week 2) held in Nonthamburi, Thailand. Tanuss came back from a set down to beat Devesh Sarawanan of Malaysia 3-6, 6-3, 6-4.

What a mega win! Congratulations!



ITF ASIA 14 & U DEVELOPMENT CHAMPIONSHIPS 2022 FINALS - Week 2
BS14 - SINGLES MAIN DRAW

Date: 03 - 13 Oct 2022 City, Country: Bangkok, THA Weeks: Printed: 10/13/2022 3:28:30 PM

Sl. Rank	Order	Round 1	Round 2	Quarterfinals	Semifinals	Final	Winner
1	45	THA A. Pantazatos [1]					
2		Bye 1					
3	SRI Aditi Ramesh Datta						
4	59	INA S. Mangunsoyo					
5	126	NEP Garabed Shewtha					
6	29	SOP Ethan Matthew Koh					
7		Bye 7					
8	215	KOR Wonmin Kim [8]					
9	268	IND S. Sahiba [3]					
10		Bye 3					
11	4	MAS Devesh Sarawanan					
12	IRI Behrad Mamoun						
13	42	HKG Ngai Ho Cheung					
14	VIE Nhat Do La Viet						
15		Bye 5					
16	73	KAZ A. Tretubkin [9]					
17	75	IND T. Ghildyal [7]					
18		Bye 8					
19	63	INA R. Da Costa					
20	288	NEP Chir Bir Jugthan					
21	VIE Tuan Dai Vo						
22	30	SRI Tuan Dai Vo					
23		Bye 4					
24	75	THA P. Sriwong [4]					
25	HKG Sin Heng Tam [5]						
26		Bye 6					
27	330	MDV M. Uzayth Rashwad					
28	5	KAZ Olnhas Zernaly					
29	44	MAS M. Muhammad Azhar					
30	51	IRI Nani Kerdan					
31		Bye 2					
32	123	KOR Min Hyuk Cho [2]					

Final: T. Ghildyal [7] 3-6 6-3 6-4 vs Devesh Sarawanan 7-6(5) 6-3

Position 3-4: Wonmin Kim [8] 3-6 6-3 6-4 vs Sin Heng Tam [5] 4-2 4-1

# Seeded Players	# Lucky Losers	Referee	Drawn into/Time
1. Kostas Panagiotou			Lost Direct Acceptance
2. Min-Hyuk Cho			Player representatives
3. Sanchai Sangsri			Signature
4. Prachin Shewtha			
5. Akashi Tsubukhin			
6. Sin Sang Tam			
7. Tanuss Ghildyal			
8. Wonmin Kim			



INTER-SCHOOL COMPETITIONS

BHA President Cup 5-A-Side Tournament 2022

Another story of success added to the list!!!

Our school staff participated in the BHA President Cup Open Category Hockey tournament 2022 for the first time and bagged the runner-up position. The match happened on 25th September in Bengaluru.

Heartiest congratulations to the team members!!



Poornima G K, Department of Physical Education, participated in the President Cup 5-A-Side tournament organized by Bangalore Hockey Academy and secured second place. The tournament was held at Bangalore Hockey stadium on 30th September.

The DPS East family extends our heartiest congratulations and wishes many more accomplishments for you.



Kumarans School Tournament 2022

Our school Handball team participated in the Inter-School Handball Tournament organised by Kumarans School, Bangalore from 10th to 12th October 2022 and emerged as the winners.

Congratulations to the winners!



Our school participated in the Kumarans Volleyball Tournament held on 13th October. The team secured runner - up position in the Under 19 Girls Volleyball. Eshaani Gupta from grade XIN received 'the best player award of the tournament' in the Under 19 Category Girls Volleyball Team.

Congratulations to Eshaani and the team members!



MJ CUP Tournament 2022

Our school Basketball Girls Under 16 team participated in the MJ CUP Tournament 2022 which was held on 24th September at Millennium Brigade Park. They won the runner-up position in the match.

Congratulations to the team!!



Independence Day Football Cup

We are proud to announce that our school Under 17 Football Boys team took part in the Independence Day Football Cup held at School of India on 28th September 2022 and remained unbeaten. This is the fourth consecutive year of lifting the winner's cup. The team received the winner's trophy from our beloved Principal ma'am, Dr. Manila Carvalho.

Congratulations to the champions!



Sharanya Narayani Inter-School Tournament

BADMINTON

Our school participated in the Sharanya Narayani Inter-School Badminton Tournament held on 19th & 20th October at Sharanya Narayani International School and procured the following results.

Under 15 Boys Position -Runner Up

Augstya Chakraborty
Grade X (NIOS)



Under 18 Boys Position-Winner

Subudh Sethi
Grade X O



Under 18 Boys Position -Runner up

Pratham Prasanna
Grade X-S



Under 15 Boys Team event

Position -Winner

- Augstya Chakraborty - X (NIOS)
- Shaurya N.S -VIII H

Under 15 Girls Team event

Position -Winner

- Tanya Bijoy - VII S
- Selvitha Saridena - VII E
- Parvathi Krishnana - VII Q

Under 18 Boys Team event

Position-Winner

- Pratham Prasanna - X S
- Subudh Sethi - X O
- Shaurya N.S - VIII H

Under 18 Girls Team event

Position-Runner up

- Tanya Bijoy - VII S
- Selvitha Saridena -VII E
- Parvathi Krishnana -VII Q



BASKETBALL

Our School Basketball Girls Under 18 team participated in Sharanya Narayani Inter-School Tournament 2022, which was held on 19th October and won the runner-up position.



Akshiti Agrawal Grade X H

Akshiti Agrawal of class X H participated in Under 18 Basketball State tournament organised by Karnataka state basketball Association on 1st October to 10th October 2022-2023 in which around 50 teams participated. Her Beagles team was placed 3rd runners up, & she was praised for her best performance.



THROWBALL

Our school Throwball teams participated in the Sharanya Narayani Inter-School Tournament held on 19th and 20th October 2022 and procured the following results.

Under 18 Girls Team event Position-Runner-Up



Under 15 Girls Team event Position-Winner



Congratulations!!

INDIVIDUAL ACHIEVEMENTS

CHESS

Shreya Rajesh

Grade IV

Shreya won 3rd prize in Karnataka State Under 11 State Chess Tournament with 6.5 out of 8 rounds and bagged a cash prize of Rs.2500

Congratulations to the champion!!



Yash Dnyanesh Chaware

Grade IX

Yash participated in the 17th BRDCA All India Open Fide Rated Rapid Chess Tournament 2022 held in Bangalore on 17th September and secured 5th place out of 308 people in the Under 15 category. This tournament was organized by the Karnataka Chess Association under the All India Chess Federation.

Congratulations Yash!!



FOOTBALL

Keith Fernandes
Grade IX

Keith participated in the Deccan FC - All India Boys Tournament - Five-a-side Tournament held at Deccan FC sports ground on October 8th and 9th. His team, Raman Sports Academy bagged the winner's trophy and Keith was awarded 'the Player of the tournament' trophy.

Congratulations to Keith!!!



KARATE

Janaki Sreejith
Grade VIII

Janaki won the bronze medal for Katha competition in Sikka Bangalore Open 4th National level Open Karate Championship held on 25th September 2022 at VV Conventional hall, Utharahalli, Bangalore.

Congratulations Janaki!!



Madhav Umesh
Grade VII

Madhav received the Blue belt in Karate from Kenei Mabuni Shito-Ryu Karate School of India held on 9th August 2022 at New Horizon Gurukul, Bangalore.

Congratulations Madhav!



Prarthana Sahu
Grade III

Shuvangi Mishra
Grade III

Amelia Anto Therattil
Grade I



Prarthana, Shuvangi and Amelia participated in a group event and won the Gold medal in the Team KATA category at ‘Sikka Bangalore Open 4th National Level Open Karate Championship’ organised by South Indian Karate & Kobudo Association on 25th September 2022.

Heartiest Congratulations and wishing many more accolades to all of you in the future!!!



CRICKET

Saina Kapoor

Grade IX

It's a great pleasure that Saina , our young promising cricket player has got selected for KSCA Under 15 Girls One Day trophy matches in Team-D as captain. She has also got selected in the trial matches of KSCA Under 19 category in the month of August.

All the best wishes Saina!!

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



Shaurya Nautiyal

Grade VIII

Shaurya participated in the Dussehra Under 14 Cricket Tournament representing his academy, Kreedha Kshetra as his team captain. The tournament had a total of 10 teams participating in it. After a tight game with Cricket Den, his team came second in the match. Shaurya was awarded 'the best batsman' in the finals.

Congratulations Shaurya!!!



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