



TEA SPORTS



Rishi Valley School

August 30, 2018

Day 1

Fire from the Mountains... March, March, March...



The otherwise treelined, sandy and bare football field began sprucing and decking up slowly over the past few days in different colours and hues – the festoons and flags lent to the festive mood, fluttering in delight. 2018 Sports Day is here again, making its way through the still green memories of the previous year.

“Sportsfield is the place where we learn rules best.” Jyothi Akka highlighted this statement in her opening speech by expatiating on how ‘rules become the lines that contain our energy and intent’. She added that we began the term with quietness and in this light, she spoke of the ‘quiet eye’ of the athlete. It is not one of competition, but one that focusses on the court or their intent.

This year in the march past, Mrigank led the school along with Vindhya to the drummer boy Prabhanjana’s beats pacing the steps. The 12ths in their vibrant teal followed Dazer and Mariam in lead. In their ‘happy’ pink-lavender, the 11ths were led by Indraneel and Shravani. The 10ths wore a shimmering crimson red with Varun and Ananya guiding 10 A; Stanzin and Anunya 10 B. Lastly, followed the 9ths in their blazing royal blue with Abhinav and Chathurya leading 9A; Saaket and Rachana heading 9B. Siddharth Murali and CSR Sharada brought the torch down from cave rock and lit the Rishi Valley torch with the

‘Chariots of Fire’ music in the background. The class flags now flutter in state in the middle of the field, striking our hearts with pride and joy.

-Sanan, Anand, Manasvini and Ananya H



The Oath

*We, the athletes gathered here today,
Do solemnly swear to take part
In the annual sports meet
To the best of our abilities and
In the true spirit of sportsmanship;
For the honour of our school
And for the glory of sport.
For when the great scorer comes
To score against our name
He seeks not whether
We’ve won or lost
But how we’ve played the game.*



RV Carries Sports on its Back

The class T-shirts and their logos play an important role during sports day. The man behind the printing of the logos onto the T-shirts is none other than our very own, Prabhakar Sir. The logos this year were related to sports and though the students faced some difficulties during the process of making the logos, the final outcomes were fantastic.

The first timers: the 9th graders' logo was drawn by Aditya. According to him, the first thing that came to his mind when he was asked to draw a logo related to sports was two people sprinting. Hence, the 9 thies logo is two people sprinting with the caption 'En Passante' which is a French chess move. The logo shines bright on the royal blue background.

The 10 thies: they wanted a very meaningful logo which is why they put in a lot of effort into their logo; they came up with one person helping another while climbing a rock. They captioned it 'We may not be the strongest, but when we come together we try the hardest'. This was a highly motivating slogan which gives a positive vibe to their bright red T-shirts.

The 11thies logo: their logo was drawn by Arya, Bilvasai and Shruti. It represented a bowling ball striking 12. They captioned it with 'Don't limit your strikes. Strike your limits'. It gave a new perspective on a background of the welcoming lavender.

The 12 thies: They continued the old tradition of mentioning the entire class names. It represented the importance of failures for successful times. The bright teal colour of the t-shirts sported a creative look.

- Meghana, Ananya H, Ananya Y





What's up this year? Reddy Sir says...

Sports day is one of the highlights of every academic year. There are a lot of events, there's hopsotch to play! Let's look at preparations that go into it!

The preparations begin around twenty-twenty five days prior to sports day. The event lists are put up in the dining hall, junior school and senior school to invite excitement amongst us. Reddy sir /Sagai Sir also give out event slips where you tick the events you want to take part in.

The tracks are also drawn around 3 weeks before sports day. So, we can practise before the selections. Drill practice for classes four to eight and march past practice for classes nine to twelve are also done simultaneously.

For the selections, earlier, classes ten, eleven and twelve girls and boys were in two different groups; classes eight and ninth girls and boys were in two different groups, classes five, six and seven were in two different groups, so were classes four and prep.

Now, we have nine groups
Children – four and prep

- D Girls - Classes 5 and 6
- D Boys - Classes 5 and 6
- C Girls - Classes 7 and 8
- C Boys - Classes 7 and 8
- B Boys - Classes 9 and 10
- B Girls - Classes 9 and 10
- A Boys - Classes 11 and 12
- A Girls - Classes 11 and 12

Surprisingly, there were only about FIFTY events back then, but now there are more than a hundred events! Likewise, only about six people were selected per event, where as now, Sir selects around eight people per event. More tracks more participation!

This year, 26th August 2018, Sunday, was the last day for selections. A day or two is usually allocated for paperwork. The students of REC (Rural Education Centre) too have been regularly participating in sports days for many years. They intend putting up stalls in the games field.

-Ananya P and Siddhi

Cool Runnings



Jamaica is a small island in the middle of the Caribbean—the island with no snow but sporting a winter Olympics Bob-sleigh team. A team consisting of four people who have never seen a Bob sled before and a two time gold medalist coach who was caught for cheating in the Olympics sixteen years ago. Join Derice, Yul, Sanka, Junior and their coach Blitzen, as they try to make the first ever Jamaican winter Olympics team. Join them on their rickety old Bob sled as they try to sled their way to victory.

The movie was chosen because it shows that hard work can get you anywhere. It also shows that second chances can make all the difference. It is an inspirational movie.

-Shwethan and Srivar

Torch Bearers

2018 sports meet's torch bearers are Siddharth and CSR Sharada. Torch bearers play a really important role in the sports meet—they light up the symbolic torch and declare the start of sports day. This is an interesting conversation we had with the torch bearers on Tuesday.

Q1. How does it feel to be the torch bearers?

A: Sid: Slightly nervous, but its an real honour.
CSR: I am really excited and I have been wanting to do this since 6th.

Q2. Did you expect to be the torch bearer?

A: Sid: Quite not expected.

CSR: No, not at all.

Q3. What's the significance of being the torch bearer in RV?

A: Sid: 'Master Athlete' quoting Sagai Sir.
CSR: Honestly, I don't know.

Q4. What is the worst case scenario that could happen to you?

A: Sid: Rain, because the fire may burn out before we reach the field.
CSR: Falling down the hill.

Q5. Will you be lighting up the valley or burning the valley?

A: CSR and Sid: Light up the valley with our spirit and burn the tracks as we run.

-Siya and Saanvi Gupta



The REC Drill

Like every other year, the REC dance always leaves us in a thoughtful state. The important message they conveyed is a very old and common one, but the way they presented it left us more aware about the problems this world has and the solutions it can offer us. The message was 'Save and Conserve water'.

In the performance, they described the life of a farmer, and how water plays a major role in it. One year, there is plenty of water, more than they actually need, but they neglect the idea of conserving water because they expect the same amount of rains next year too. The next year comes with a drought. There is no water, hence no crops and, therefore, no money. In response to this they start praying to the rain gods but to no avail. Then the scholars come to bestow advice upon the farmers. The scholars tell the farmers to conserve more water and grow crops that need less water. Following the scholars' advice, the farmers are blessed with a good harvest.

The children from REC put the skit together in the form of a graceful dance. They entered the field in traditional finery. The girls danced with dandiyas while the boys did a tribal village dance. They portrayed the problems of farmers perfectly. They sang four songs, a few of them being 'Vacchindi Vaana Kaalam' and 'Odishi Pattu'.

The highlight of the performance were the songs composed by themselves, which in turn made the dance drama very realistic.

-Srivar, Shwethan and Jigmet

Yogis in Blue

The school has got a new set of Yogis—the classes 4th and 5th, all in blue. They showcased a mix of beautiful asanas which were wonderfully co-ordinated. They started with a simple Tadasana and went on to do few more poses, including several rounds of Surya Namaskaar (sun salutations). Though the display lasted a good ten minutes, the participants, with the help of our 'new teacher from Texas' Ramola Sir, were calm and confident. The performers ended with the Gayatri mantra.

-Siddhant

The Sky is Full of New 4 Pointed Stars!

The current 4thies and 5thies are very enthusiastic about sports day; the 4thies in particular, since it is their first sports day. They performed a 'Dandia' dance to an Abhang by Eknath, dedicated to lord Krishna. It was a combined performance by both the classes. Their class teachers chose this song because it had a nice beat and it was easy to dance to.

The fourth and fifth graders are so much into sports day that even in their English classes, they were doing worksheets on sports, learning about Olympic games and

stories on sportsmanship with their respective English teachers Meena akka and Sita akka.

They have also written messages about sportsmanship which is put up outside their class room for everyone to see. The enthusiasm shown in them lifts up the sports spirits in everyone.

- Shreya and Nandana



Picture Perfect

Dance, music and drills bring about just the excitement needed to start of the sports meet. All the steps perfected, moves added, brings out the creative and performative sides of us students. The fantabulous demonstrations began by the 4th and 5th performing an appealing dandia dance on a Marathi Bhajan called 'Savalage Mayi' by Suresh Wadkar. The dance was choreographed by none other than our own dance teacher Venugopal Sir. The stage was then handed over to the 6th and 7th graders who had put together some superb moves with an EDM by Martin Garrix and drum beating in the background. This dance was given a lilt by Sonali and Meena Akka's stunning choreography.

The field was then brought to life with the eighties painting it with colours (pun intended). As it was their last drill, they took advantage of it by putting some upbeat dance moves. It was as usual, choreographed by the students themselves. The song was the 2018 coca-cola anthem for the FIFA world cup called *colours*. It was sung by Jason Derulo. As the sunset signified the 'Day 1' of sports meets end, the REC performed a wonderful dance on the importance of saving water.

- Saanvi Gupta and Afya



Flying High on High Tea

The clang of metal; the tongue tickled by the onslaught of sour, sweet and spicy flavours; creates a celebratory mood around the handball field as people line up to partake of delicacies at the special high tea hosted for sports meet.

“Sports Day is a big event”, says Hareendran Sir with an ear to ear beam. He adds: “We at the Rishi Valley kitchen always endeavour to prepare snacks with cultural and regional flavours to boost the energy level of the students so that they can give a good performance”.

The menu this year is truly heavenly and delicious: sugarcane juice with refreshing mint; crunchy paneer pakoda; potato chips; vegetable samosa; rasagolla; and a new addition, *herbal tea served both hot and chilled*.

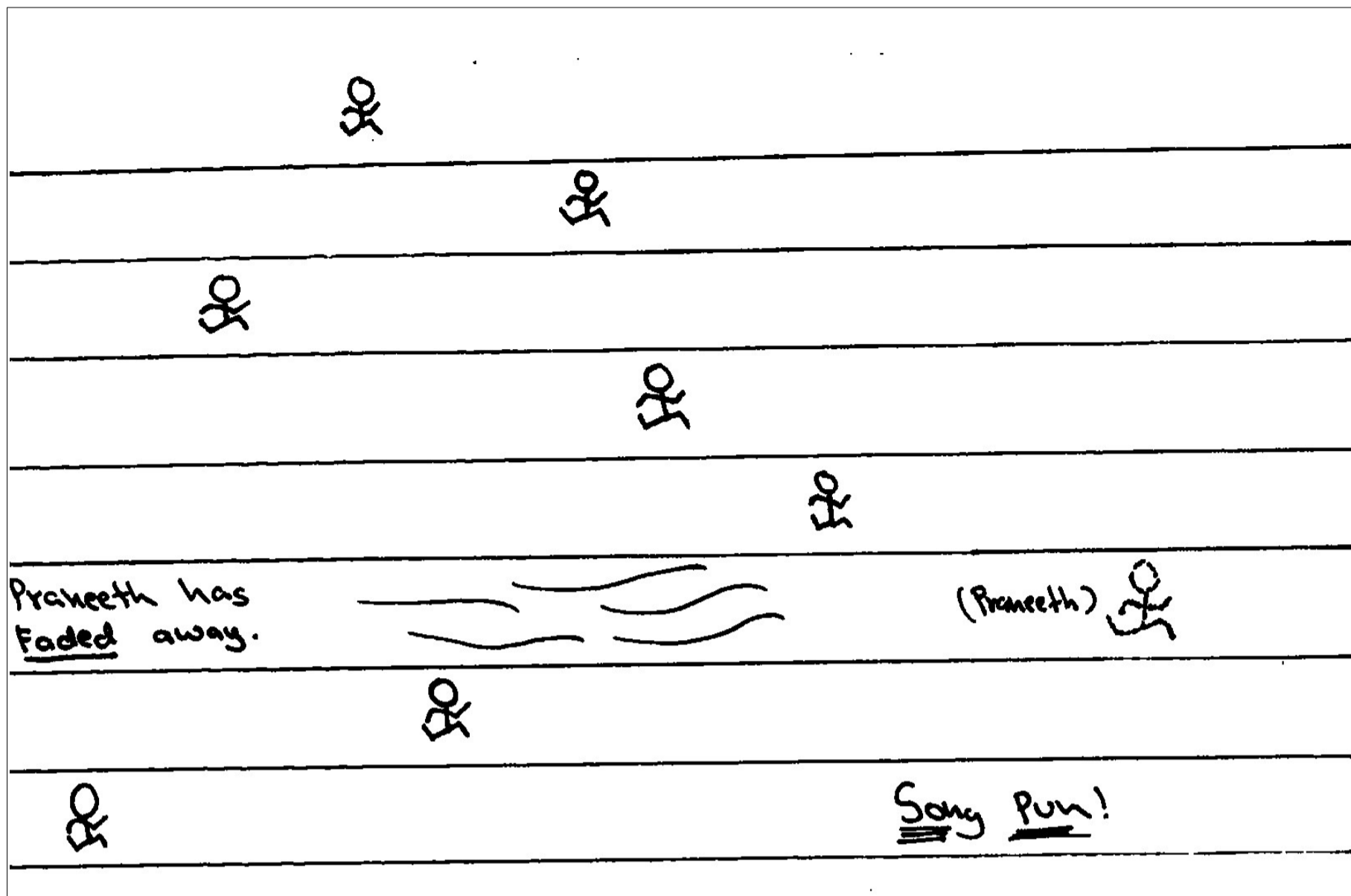
Crunchy paneer pakoda : (serves 10)

Ingredients: 20 units of paneer pieces 2 X1/2 inch approximately; red chilli chutney; garlic to taste; salt to taste; besan paste 200ml; and cornflakes if required.

Method: make a medium batter with besan and salt. For the chutney, grind garlic and chilli with salt in the blender. Spread the paneer pieces with chutney and sandwich them. Dip them in the besan batter. Roll these pieces on corn flakes to get the crunchy quality. Fry until golden brown in colour. Serve hot. Makes a good rainy day snack.

-Sanija and Tanaya





Taking Long Strides with Praneeth

I know of the energy and class spirit that fuelled me...



1. Which event did you take? What made you take these events?

A: 100m, 200m, and triple jump. I am also doing relays . I've taken 400 m and long jump but may not do them due to hamstring injury.

2. Which is your favourite event in which you are good but you still like it more than the event in which you are better?

A: I like the class relay (4 × 100) because even if I don't win, I know of the energy and class spirit that fueled me.

3. Which records are you enthusiastic to break, if any?

A: The relay's records, hopefully.

4. Who is your equal in the events you have taken? Who is better than you in the events you have taken according to you?

A: Siddharth Murali, any day.

5. If you haven't taken some events which you now regret, what would they be?

A: Long jump and the 400 m.

6. Where you interested in trying out new events that you couldn't or didn't take last year?

A: No, not really, I prefer to stick to my core event. I want to improve and focus on those events.

Today's Edition was brought to you by:

Manasvini, Siya, Afya, Ananya H, Meghana, Srivar, Shwethan, Dwaipayan, Jigmet, Mohiddin, Anand, Sanan and Siddhant.

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