



# SPORTLIGHT

Rishi Valley School

September 28, 2017

Day 1

## RV Shines Brighter than the Sun



Despite much trepidation, tension, and tentativeness, thanks to the teasing rain, Sports Day did take off with a tantalising temerity. As an excited and hopeful crowd gathered in the ground even the sun god paid us a friendly visit.

“In RV we always welcome rain but today, when the sun shone, it spread cheer for it was the dawn of sports day.”

It's true, sports day is finally here. All scares from the rain have been left behind and the weather gods have been kind to us. Rajan Sir excellently compered the march past and it made the long round seem short.

This year we had Rahula as our school captain and Ira as our plaque holder. The 12<sup>th</sup> captain was Mahitha accompanied by Immanuel with the plaque. The 11<sup>th</sup> class captain was Praneeth with Vindhya holding the plaque. The 10<sup>th</sup> class captains were Akarsh and Durga with Bilva and Uditi holding the plaque for 10B and 10A respectively. Finally the ninth had Akash and Joyeeta as captains with plaque holders, Eksheka and Vishnu. With *Irreplaceable Wazeed* on the drums the march past was well co-ordinated and executed.

The oath, which is well known internationally, was introduced to the school by our 3<sup>rd</sup> principal Bala

Sundaram in the 1960s. One of the teachers aptly commented, “Naina held the oath with much grace and elegance”.

Then we had the torch bearers Maya and Subham declare our Annual Sports Meet open by lighting the torch. Finally we had Jyothi akka briefly speak about Dalai Lama's quote on the butterfly, “ Some butterflies fly higher than others but each butterfly flies the best it can. Each butterfly is special. Each butterfly is unique. Each butterfly is beautiful.” This set the tone for our RV 2017 Sports Day.

-Avani, Raavee and Utsa



### *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.*



## Call of the Wild

As this year's seniors showcased their logos and T-shirts, it feels as though a spectrum of colours has burst over the games field. The colours chosen by the 9, 10, 11 and 12 grades are bright lemon yellow, coral pink, indigo and bright orange. We are quite excited about the logos, and to know more about them, we've gone around asking each class how they had come up with them and what the idea behind them was. This is what they had to say:

9th: The idea was thought up by some of the class boys and later, the whole class contributed. Chinmay and Shreya Kedia are said to be the ones who worked on it, primarily. When asked how they thought of the term 'wild card', they said that they had first thought of writing 'trump cards' but decided against it. They eventually settled for 'wild cards' since it means something or someone who unexpectedly wins a game.

10th: This grade had quite a convincing reason for choosing a logo revolving around a horse. Since the class wanted something that represented strength and empowerment, they chose the horse. Tanmay P said, "Unity is strength and our slogan shows our class has a connection that holds us together." This logo is also one of the most liked logos of this year. Shruti drew it and everyone in their class is satisfied with it.

11th: This class came up with a logo based on the fantasy series, "Harry

Potter'. Gouri, one of the masterminds behind this piece said that they had had the idea since 9th grade, but choosing what exactly to draw and laying it out on paper was quite a task. Praneeth added by saying, "Many of the people in our class are Potterheads, and so this idea popped up." Even though many of the eleventhies are delighted with their logo, some are not gaga over it since they are not Harry Potter fans.

12th : Lastly, we come to the senior most class of the school, the 12th grade. Knowing it was their last year here, the 12thies came up with a logo that symbolized their fierce sense of independence and uniqueness. 'Being unique is what we have in common' quipped one of them. The logo is a tiger's face which is foamed by the names of everyone in the class. The logo was sketched out by Aravind (Achu) and he followed the tradition of including everyone's names in the logo. They pointed out, 'Their wild ferocity runs in our veins!'.

Let's hope our logos next years are just as good as these creative doodles and we wish the whole school an amazing sports day! May the spotlight be on you!

- Bharati and Rose  
8A





## CLASS EIGHT, FLAMING BRIGHT

This year, the class 8 drill song was *The Greatest- Sia*. The song was a collective choice and they are glad they chose it. The drill was choreographed by 17 people from the class. After choreographing all the steps, everyone put in their best efforts to perfect the movements. When asked how they felt about the numerous practices done for the drill, class 8 replied, "It was extremely fun, but also tiring." Some thought that it brought the class closer as a whole. To conclude, the eighth graders feel they have done a good job, and that in the end all the tiresome practices have not gone in vain.

- Bharati



## Colourful Poses

As the hues of pink and yellow came onto the colourful yoga mats on the ground, their guru, Ramola Sir took his place on the stool. The students of Prep, Classes 4, 5 and 6 were getting ready to give a spectacular performance of yoga. Yoga is the art of living in a balanced manner. It is widely spread across the whole world. This can be done by young and old at almost any time of the day (except after meals). These were some of the asanas performed by the students :

Bhujangasana, Paravatasana, Sarvangasana, Halasana, Chakrasana, Dhanurasana and

some other wonderful poses. After this, Surya Namaskar was performed to give respect to the Sun God. He kept shining bright in the sky keeping the rain away.

Thereafter few of the Junior School including students from 7th did Headstand (Shirsasana), a difficult pose to perform. With Holy chants and a few breathing exercises the yoga students concluded their serene performance.

- Mridul.M and Y.S. Rangadeep

## Breaking Old Traditions

For the first time in 20 years, classes Prep to 7th have done one drill together. For the past many years they had been displaying individual drills. "We have broken the old tradition," declared Meena Akka sipping her cup of coffee. "It will look quite attractive too!" And it did!

With the fourths and fifths in yellow, the sixths in pink and the sevenths donned in navy blue, they brightened up the field and our moods. This was complemented by an orchestra of sounds: dumbbells, dandiya sticks, lazims and the drum.

While the sevenths were not quite pleased with the whole junior school drill, the fourths were delighted and proud to be with their seniors in one show. A number of juniors said the drill was monotonous and boring. Many suggested that the music should have continued till the end of the display. Others said that more lively movements would have been better. But, from an overall perspective, it was considered a good show.

-Shaunak and Niloy





## Class Mix

The great event held amongst seniors after the opening ceremony is known as the Class Mix. It is known as a fun event but, is sometimes aggressive. Many seniors call it a bonding time wherein you can show your hidden emotions in a tussle. In this game you run around and pick up unsuspecting victims. Not many students take part—they either run away from other people or play with their own class. It is also followed by class pictures taken by parents. Some seniors have commented that it is a game of licensed bullying but were quick to add that they were only joking. Class mix is a much enjoyed sport and many seniors warn the juniors to get ready for some fun. But, as seniors they should also secure the future of this game.

- Anurag, Dushyant and Shaunak

### Out of the blue

My, My! It's already here,  
Today's going to be exhausting,  
oh dear!  
Masses will be going around, all over  
the place.  
Trying to catch a glimpse of  
every race.

Drinking Walyte is surely a must,  
Otherwise you will fall down,  
face first!  
You may hurt your elbow, ankle  
and knee,  
So take care of yourself, that's a plea!

Freshers will be most excited,  
don't you think?  
They surely wouldn't want to miss  
even a blink!  
But, for amazing high tea everyone  
will combine,  
"Whose share shall I have first,  
his or mine!"

The whole school unites  
on the ground,  
Creating new friendships is abound.  
Now an end, I shall put to this  
rhyme,  
Because being late for sports day  
is a crime!

-Bharati

## Save Trees and Save the World

This year the REC kids performed a drill which was a dance cum drama performance with a social message on saving trees. Set to an Adivasi tune near Araku, the children sang the song live instead of recording it. This gave an earthy sense to the performance. The middle school teachers of REC had choreographed it and two students set the beat.

The motif of the song was to encourage people to save trees. The adivasis are in a festive mood when they are interrupted by a rich investor who

wants to evacuate the forest dwellers and build a factory. The tribals resist and are joined by some school students. The school students explain the importance of having trees to the investor. The investor realizes his mistake and tells them to continue with their festivities

It was a dazzling show with bright costumes and props such as flowers, masks, leaves and some other instruments. The boys performed Chakabajana and the girls performed a dance for the festival Batukamma.

- Vaishnavi and Nandini



## The pitter-patter of the rain washes away the tracks

Do you know who played the troublemaker during the sports day preparations? Yes indeed, it was the rain which caused the mayhem. Rain has been pouring down on the valley for the past few weeks. Considering the heavy rains, we have missed many runs and games. The rain not only dampened the games field but also dampened the spirit of sports day. The tracks on the games field disappeared due to the rain. The Annas said "the rain brings us good luck for the crops, the village and makes the valley green, but, it brings us bad luck as we have to keep making the tracks in the scorching hot sun. This exhausts us."

Many people in the valley have expressed, "We could have surely done better in our heats and practices for sports day if the unexpected rain had not come crashing down. We are frustrated as the rains have affected our health and interrupted the sports day practices."

Despite the rains, students have been catching up with their practices during odd hours. The high spirits of the participants does not wash away the excitement of the upcoming events. Let us all hope for a dry sports day!

- Sloka and Rachana



## High Tea, Soaring Spirits

One of the most awaited events is not long jump or 100m but, the high tea. The high tea heralds sports day in RV. In Rishi Valley, high tea is a feasty affair. This year, yet again, the dining hall failed to upset us. All set with a new menu this special tiffin seemed very promising. The high tea has lightened the spirits of sports day.

The items the dining hall offered, included samosa stuffed with paneer and vegetables, dates chutney, potato chips, rasmalai and mosambi orange juice which is a novelty for high tea; not to forget the tea and coffee. However this year the DH manager, Harendran Sir said, "This year we have reduced the number of items compared to the years before."

This year's high tea had been planned 2 weeks in advance and the ingredients were

ordered 2 days before the occasion. The ingredients had come from long distances such as Chennai and some from nearby areas such as Bangalore and Madanapalle. The ingredients have been bought to feed 800 hungry mouths which included annas, akkas, teachers, REC children, visitors and students.

The food is cooked by the happy hearts of the akkas and the annas who really enjoy cooking for us. High tea is also a chance for the akkas and the annas to meet the people they cook for everyday. The annas expressed, "We take pleasure in making the food for all of you. This is a very easy job for us. We can prepare everything in a jiffy."

They started preparing for the special high tea early morning, at 9am. They have prepared over 3000 samosas which we

whole heartedly enjoyed.

In the evening, smiles spread across people. This time, the flow of events alternated with the high tea coming after the opening ceremony. There was excitement in the air and everybody was eagerly waiting for the food with empty stomachs. There were huge lines and a big hustle. Students said, "We thoroughly enjoyed the high tea, specially with the unlimited samosas!" Records of having the most number of samosas exceeded 15, easily. Hopefully more number of records will be broken tomorrow on the field.

- Rachana and Nandita



### Dangal with DANGAL...

This year, the movie committee had quite a hard time deciding on the sports day movie. They had first thought of screening Dangal. However, the movie had already been seen by majority of the student body. Other options were being considered, but each of them had either censorship issues or were too long. These included Eddie the Eagle, Nadia, Hidalgo, Coach Carter and The Blind Side. Finally, the committee came full circle and landed on Dangal. This movie is a portrayal of the life of an ambitious wrestler whose dreams of making it to the international wrestling arena were dashed due to monetary reasons. It shows how he realises his dreams through his daughters despite all odds. We hope you enjoy this year's sports movie!

## Kitto Katsu- Sure to Win

This year, like any other year, the heats have given us glimpses of what sports day might look like. Many of the capable athletes of our school have their eyes set on a multitude of records. Some, in fact, have already been broken during the course of the heats.

Panav of class 5 has his eyes set on the D boys long jump record along with CBT. Rinchen from D girls is trying for the cricket ball throw in her group as well.

Rhea, alias Rose, has already broken the C girls high jump record by jumping 4.5 feet while practising. She is also capable of breaking the long jump record. Darius from C boys is set to break the 100m as he is only 30 milliseconds slower than Riggyal's 12.56 seconds record.

From B girls, we have Uditi who is likely to

challenge the records set in long jump, 100m and triple jump. Bilva has already broken the B boys javelin throw record during practice. Mokshit and Aakash are racing for the three - legged race.

CSR Sharda, our record holder of the maximum records broken will be trying for yet another one this year. She has her eyes set on the long jump from A girls. Maya, the long distance runner, is trying for 1500m and 5000m. Subham is eyeing the long jump and triple jump records.

Many people this year also have their eyes on the Walyte serving record which was previously set by Siddhanth.

Best of luck and keep trying!

Utsa and Anshika



## *Long Standing Records*

### 'A' Boys

EVENT	STUDENT	RECORD	YEAR
100m	Naresh .G.S	11.08s	1989
High jump	Sameer Chopra	1.66m	1989
Triple jump	Naresh .G.S	12.65m	1989
Discus throw	Rony Thomas	33.68m	1988

### 'A' Girls

EVENT	STUDENT	RECORD	YEAR
High jump	Seema Naik	1.38m	1987
Long jump	Zoe Gokhale	4.40m	1997
Shot put(10 lb)	Pavani . P	8.72m	1993
Javelin	Nehanda .T	32.36m	2000

### 'B' Boys

EVENT	STUDENT	RECORDS	YEAR
800m	Dinakar T.N	2,17.93s	1985
Long jump	Dinakar T.N	11.67m	1985
High jump	Abhiram T.N	1.58m	1982
Discus throw	Pavan.S.N.V	31.25m	1993

### 'B' Girls

EVENT	STUDENT	RECORDS	YEAR
100m	Preeti	14.26s	1985
1500m	Pooja	6'19.6s	1989

### 'C'Boys

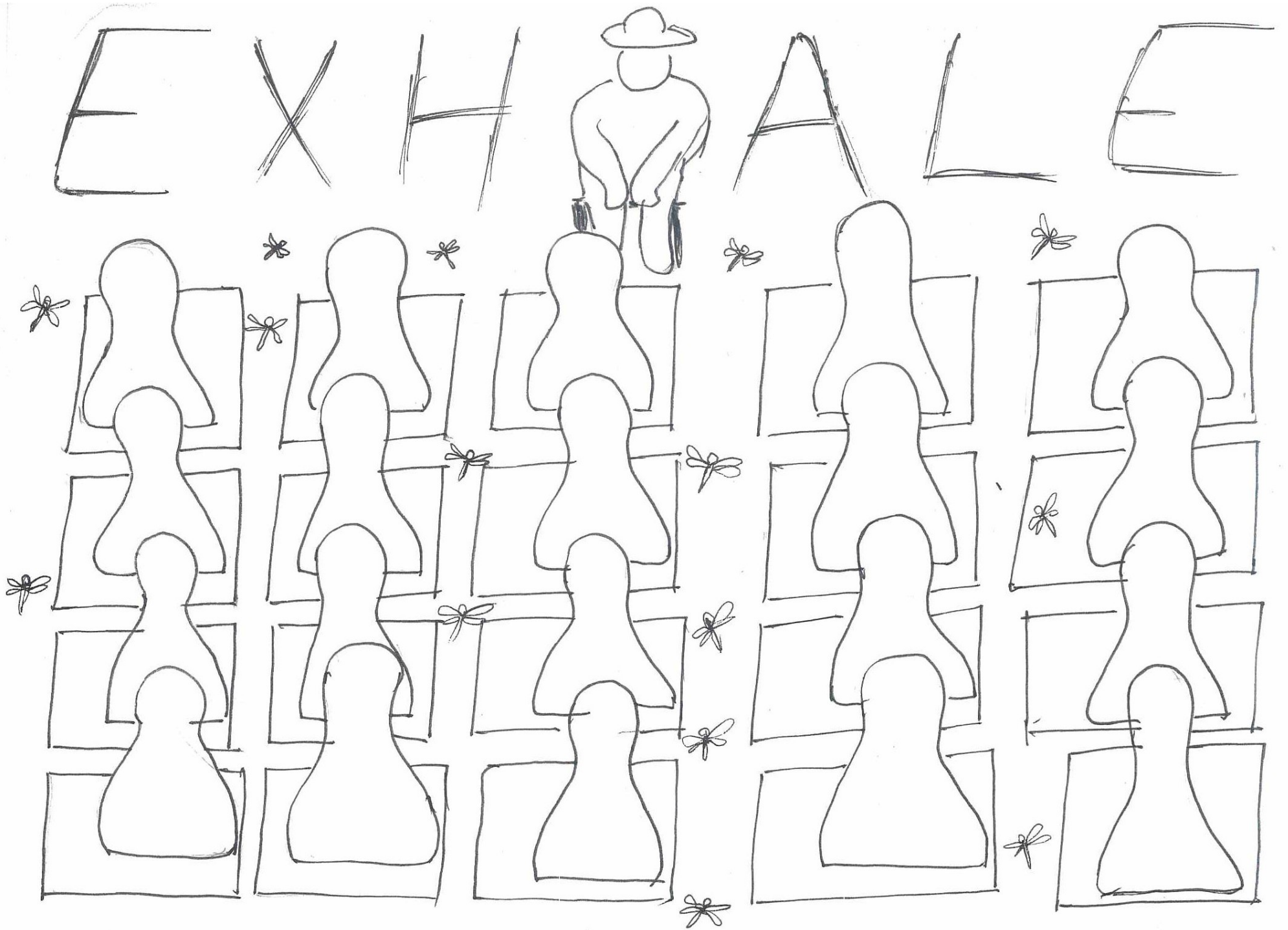
EVENT	STUDENT	RECORDS	YEAR
800m	Jaswanth	2'28.75s	1994
Shot put	Abhijit	11.67m	1994
Discus Throw	Kingshuk	25.60m	1998

### 'D' boys

EVENT	STUDENT	RECORDS	YEAR
75m	Jasraman .S	10.925 s	1990
100m	M.D.Rafi	14.085 s	1988
800m	Narsimhulu	2'53.00 s	1998
High jump	Ramesh (REC)	1.33m	1998
Long jump	Feroze.Hamid	4.54m	1992

### Children group

EVENT	STUDENT	RECORDS	YEAR
50 m (b)	Feroze .Hamid	7.96s	1990
50m(g)	Kalpana.P	8.69s	1998
75m(b)	Ilango.D	11.30s	1986
75m(g)	Hemali	13.33s	1994
100m(b)	Ilango.D	15.20s	1988
Long jump	Pranav	3.58m	1992



**Today's Edition was brought to you by:**

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## Don't Think About Them...Be your own Inspiration

It is but natural for children to be disappointed when they do not get selected for sports day. To have to face this after a two week long practice before heats, is definitely demoralising.

Sports and athletics are a very important part of life in school. A good sports person is an inspiration to others. People who are fit or athletically inclined, get along better with others. It also serves as a medium to gain 'popularity' among one's peers.

On the other hand, not being good at sport or athletics discourages children from even trying to play. During heats for grade 8 and below, students were found giving up even before the race or the event they were taking part in commenced. This is because they have a 'fast' person in their line (for track events). Isn't it ironical that a good athlete becomes a source of both inspiration and demotivation for others? "Anyway, I won't get selected" is what they seem to be telling themselves.

Self-motivation and our personal mindset is what affects our performance the most.

Thus sports day is not so much about competition as it is about enjoying oneself while improving one's athletic skill. No matter what other people do or say, go ahead and participate!

**- Shivani**

