



SPORTLIGHT

Rishi Valley School

September 29, 2017

Day 2

A Constellation of Stars Shine on the Field



This year RV girls challenged the numbers. The fastest, the longest and the strongest - the girls shone bright. It is a day of pride as the number of girls breaking records increased. Vindhya, a promising athlete, has already paved her path to success by breaking the A Girls record by a full 3 seconds.

Shrimadhi of grade 9 not only broke the record, but also bettered her own throw by breaking the record she had set in her previous throw. "When I was breaking the

record, I was only aiming at making my own throw better; however, I feel I could have done better," says the tall unassuming shotput record breaker. Uditi broke the B Girls long jump record which had remained untouched since 2011, by a margin of 4cm. "I should've done better," says the humble 10th grader.

No wonder 2017 sports day has witnessed 'girl power' in full bloom.

- Adya and Anshika

MAYA BREAKS HER OWN RECORD IN 5000M BY 45 SECONDS.

JIGMET BREAKS C BOY RECORD IN CBT MARKING A DISTANCE OF 61.70M.

ROUTING RECORDS

"All the records have been broken," declared Rajan Sir. Throughout the different divisions - children's group, D girls and boys, C girls and boys - records have been broken, left, right and centre. In the children's group, Likhith, Shritha and Adith zoomed past the obstacles and flew through the finishing line to set new records. In D girls, Aarushi leaped across the same line to add hers to the list. Panav and Krish, in D Boys lived up to the expectations of the juniors. Joining the impressive list of record breakers, were Mishka, Manasvini and Siya, the C Girls, leaving their mark on the track. Finally, Darius, who held the previous D boys record, broke the C boys record as well.

-Abhinav



The Dark Horse – Mokshit Naidu

Mokshit of grade 10 was on fire today during the B Boys 100m run. The same Mokshit who was not even close to being the fastest in his class last year, beat everyone this year, hands down. Many stated that his speed has improved greatly. Last year nobody would have thought Mokshit would be inducted in the class relay team.

These are some questions we asked Mokshit -

1. Were you surprised when you won the 100m?

Ans- No!

2. How long have you been practising?

Ans- Since the holidays.

3. Do you expect to break any records?

Ans- Yes, the three-legged record with Nishant.

4. What thoughts go through your mind while running?

Ans- I imagine that there's a dog behind me!

* One other person worth mentioning is Rohit, who despite his back injury managed to come first in the B Boys High Jump event.

- Shrey and Nandita

A Leap Forward

Everyone is excited about sports day especially the event long jump C boys. Anand is set to break the record. He has recorded 5:14 m and the record is 5:33. Long jump is Anand's favourite event. He is training hard for the record. He is also in other jumping events such as high jump and triple jump. He is the fastest person in 7th grade and he is well trained in all the events for sports day.

We interviewed him about his thoughts on long jump.

“Are you good at long jump?”

“I can't judge myself. Others have to tell me.”

“Do you think you'll come on the podium?”

“Surely, but I don't know if I'll come first.”

“Do you think you'll break the record?”

“I will try but because of my back I don't think I will. I might next year!” That is the spirit. *Aaj nahin to Kal.*

- Kirtan

Can Anand break the long jump record this year? Everyone is cheering for Anand!

These are the 2 jumps which Anand jumped -

This the last and the final jump for Anand! Will he break the record?

When Anand was in the air he heard Shreyas Koneeru cheer for him! This give him, extra boost!



Sparkling Stars Under the Sunny Skies

Guests Galore

Sports Day attracts a variety of visitors both human and non human. The human kind include parents, ex teachers, marathon runners and strangers.

As Shreya was racing after Nathania, squirrels were chasing each other in a different sports arena. A pack of dogs were seen in a wrestling match not far off.

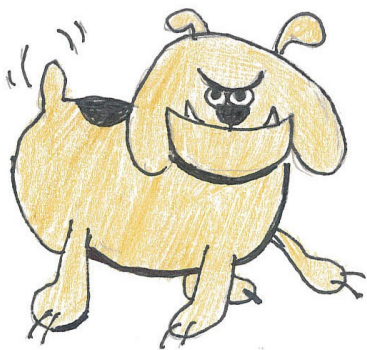
Not so disruptive were the bulbuls and mynahs.

VISITORS MATTER!

What is the point of an event when you cannot show off your talent? Without guests sports day would lose its sparkle.

A very special visitor is Sumitha Akka who is here to cheer us and play hopscotch too.

- Saideep and Shaunak



Woa...Lyte

ORS, also known as Walyte, is consumed by almost everyone. ORS or Oral Rehydration Salts are a form of glucose. When consumed they get mixed in the blood, giving us instant energy. It has been suggested that ORS should be mixed with water and taken as a fluid. This helps in hydrating ourselves. However, if it is consumed in powder form, it can dehydrate you. It has been suggested that you drink it after your athletic events and not just before.

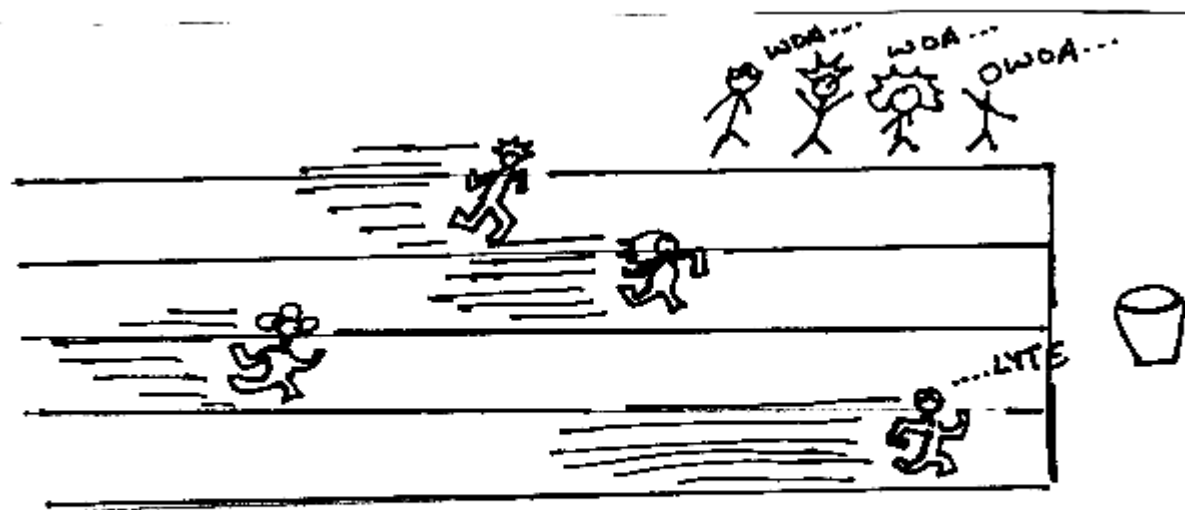
- Keerthana and Vyshnavi



As tradition goes, the tiny tots of RVS are always the first ones to 'Get Set and Go' on the tracks every sports day. The prep section is divided into two groups: Junior Prep and Senior Prep. While the junior preppies participated in the 25 m run and potato gathering, the older ones' events were 75 m run and obstacle race. The relay race is meant for the whole group. In the 25 m run, Saanvi came first and Sai Karthik second, followed by Siyona in the 3rd place. In potato gathering again, Saanvi was first, followed by Sai Karthik and Nithya in the 2nd and 3rd places respectively.

In both the 75 m run and the obstacle race, the winners were the same in the same order: Raghuv eer, first; Vishva, second and Chaithali, third. Finally, Team 2 consisting of Saanvi, Snigdha, Sai Karthik and Vishva came first in the relay race. The little competitors seemed to have had a good time, sprinting happily with each other on this sunny morning. Sagai Sir and Jaishree Akka were cheering them on as they ran their best.

- Adya and Sandhya.



WOA...LYTE IS GOOD FOR YOU!



Race to Reality

Sports Day 2017, started off with the exciting and animated 50 and 100 metre races. The races began with the Children's Group 50 metre run. As expected by the juniors, Aadit came first with a timing of 8.56 seconds, and Likhith following close behind with a timing of 8.81 seconds.

Then came the D Girls 50 metres with Nathania taking the first place with a timing of 8.17 seconds. Shreya.T came 2nd with a timing of 8.31 seconds.

Next was the C Girls 100 metres. Rhea claimed victory with a timing of 15.20 seconds and Siya in close pursuit. She timed 15.78 seconds.

Then came the exciting D Boys race. It was neck to neck till Krish burst into a breakneck speed at the 70 metre mark. He finished first with 15.14 seconds. Panav did really well, claiming the second position with 15.31 seconds.

The children's group was back for another race. They were bouncing with energy, all set for the 100 metres. The outcome was the same: Aadit in first with 16.90 seconds and Likhith, second, timing 17.63 seconds.

Next it was the D Girls' turn. Nathania, as usual, claimed victory by half a second. She timed in at 16.2 seconds, while the second place was taken by Aarushi, with a timing of 16.97 seconds.

The last group from junior school was C Boys. As expected, Darius won the first place, clocking in at 13.33 seconds. In the second place was Anand, crossing the finish line in 13.78 seconds.

No records have been broken yet.

- Nandita, Shrey and Abhinav

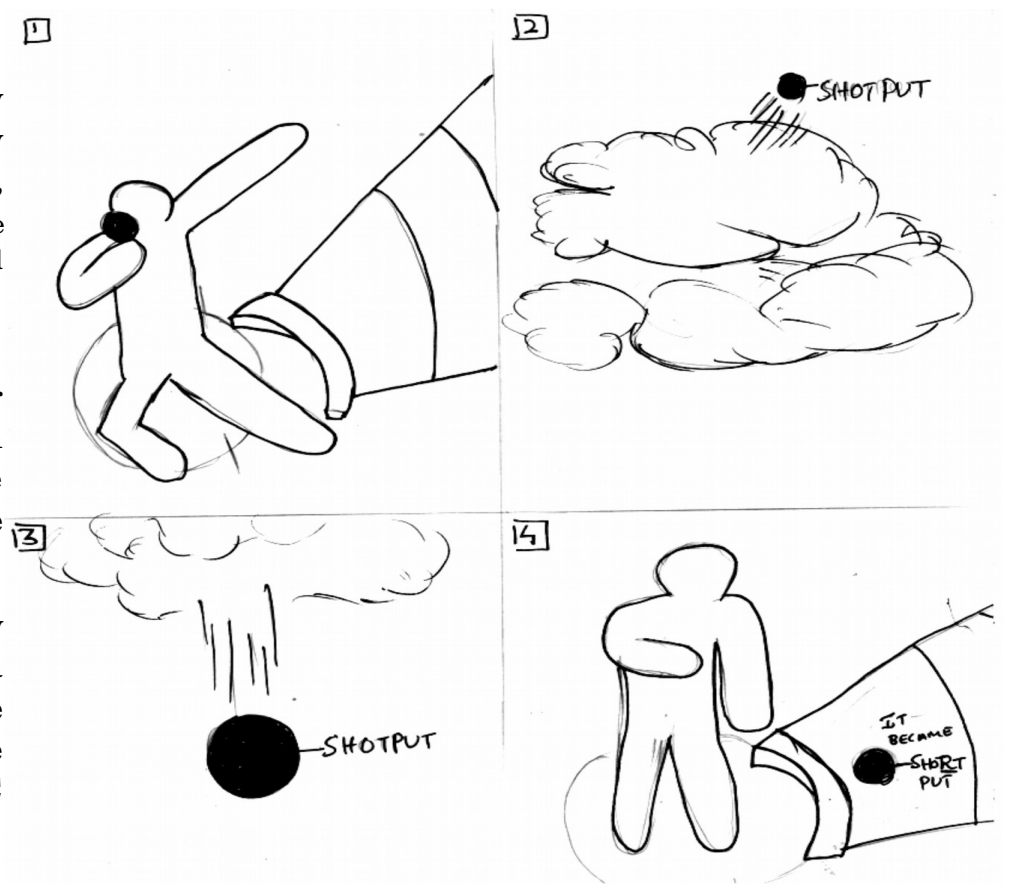
Where Did it Land?

The red flag marked the record- the line of girls hoped they would change it and they were not disappointed. Usually there are girls to watch the B girls shotput event. However, Shrimadhi's stunning performance pulled in a crowd. She broke the record on every attempt, coming in first with 10.10 metres. Samhita and Bhavya bagged the second and third place.

It is no surprise that CSR Sarada has won the shotput event, marking a distance of 6.71m. Mahita and Maya were not far behind. The Javelin throw was won by Stanzin. "You need arm power, knee and hip coordination and the right angle from the ground to the hand" said one of the participants. Some of the senior boys sitting near Cauvery house cheered the participants on.

At the Cricket ball throw event for the children, Sritha was only girl participating. Aadit took everyone's breath away by marking a distance of 31.39m. The staff at these events ensured that the markings were done right and the judgment was fair. These events marked the conclusion for the throwing events for the C and D division.

- Soumya and Gayathri



Way to Go!

The girls of the REC are proud to be part of a cricket team, decimating societal stereotypes. The team was formed earlier this year and is going strong despite certain odds being faced the girls. One of their main problems was not being able to wear the right clothing for sports. Denied sports wear such as T-shirts and shorts, they have to play matches in salwar kurtas. These are due to cultural norms which interfere with their sports life. "It would be nice if we could wear proper clothing and not skirts and kurtas when we go for externals," they sigh. However, the girls haven't lost their spirit.

The girls are also participating in other sports such as badminton, kho-kho, kabaddi and even cycling. This makes them more confident and independent, making it easier for them to

compete. "I learnt a lot here. There is lot of freedom here. I love playing kabaddi. I wish we could play for a longer time," said Krishna Kumari from REC. "I love playing badminton. I have never played like this before," quipped Meena.

The girls are proud to be part of a team. "Here even the girls get to play and aren't considered inferior to boys. My favourite game is cricket. If we had more equipment we could teach, learn and play properly," shared Pallani of the 7th grade.

We are sure that the girls will form a sound school cricket team and go out to play externals sometime soon.

- Bhavitha, Abheet and Dyuti



Stay Safe from Sports Day Scrapes

On sports day you may feel like a super star but remember that you are still human. We still have 206 bones, which hopefully everyone wants intact. Here are a few safety precautions and tips to help you get ready physically and mentally.

Athletes, which includes runners, jumpers, and throwers please stretch before your events. This will reduce your chances of getting sprains or ligament tears. Also, before you start your event, please check your surroundings. We do not want anyone running full speed into someone or something (including javelins and short putt).

Spectators, if you wish to stay intact, do not enter the tracks during events. Please stay behind the rope at all times. For the jumping events, please keep a 3m distance from the pit. Sometimes, due to the speed and force of their jumps, the athlete might jump onto you! For all throwing events, please stay as close to the hockey field as possible. This will prevent injuries, in case the thrower misfires.

For all athletes, please take sports day with a pinch of salt. Remember, it is important that you take part in the event but, do not feel bad if you do not make it to the podium. Spectators, you are important too! Your cheering will help the participants morale and give them a positive boost.

In all, have a swag sports day!

- Aditya Munamurthy.

Marker's Memory Lane



Balraj Sir, famously known as Marker Sir is witnessing his 51st sports day in RV. We got a peep into his memories and experiences today.

“Sports Day has changed a lot,” says the tennis teacher. When Marker peers through his window of memories, he finds glimpses of everyone on the field, enjoying the races and cheering for their favorite athlete. However, as the years pass by, the enthusiasm students had shown for Sports Day seems to have gone down drastically. Marker finds the sports field resembling a barren land in comparison to the bygone years. He wishes that more and more kids will begin to participate in the years to come and share his enthusiasm.

- Anshika

No Winners! No Losers! Only Players!

This time we had the C girls participating in the spoon and lemon race with only their spoons! All the girls' lemons fell down before they crossed the finish line so we had no winners or losers and all the girls were disqualified. They asked Reddy sir for a second chance, but there wasn't enough time to reconduct the event. Thus it was announced “lemon and spoon for C girls has no winners as all the girls dropped their lemons”.

- Sandhya

The Big Leap

High jump

They had started off at 3 ft 8 inches, each one with their own style of jumping. The height increased gradually, 2 inches at a time as all the participants continued clearing the height.

When the bar reached 4 ft 8 inches, the competition got a little harder. Out of 5 people, 2 couldn't clear it - Aravind and Anirudh. From this point the bar was raised by one inch at a time. By now it was clear that this year, the event had been clinched by the 11thies.

At 4 ft, 9 inches, Manan had to depart as the competition became intense between Nikhil and Siddharth. Both of them cleared the next 4 heights.

At 5 ft, Nikhil failed to clear it though he was granted 4 tries. Thus Manan secured the 3rd position, Nikhil, 2nd and Siddharth, 1st. Siddharth continued to see if he could break the record.

He cleared 5 ft 1 inch easily, then 5 ft 2 inches on his 4th try, but couldn't scale 5 ft 3 inches. The

high jumper missed the record by 5 inches.

Triple jump (A Girls)

The A Girls triple jump had be postponed as 2 participants, CSR Sharada and Vindhya had to go for their 400m event. Though the event wasn't postponed, the two girls got their chances later. C.S.R.Sharada came 1st and Vindhya, 3rd. Kasturi had secured the 2nd position. Unfortunately, C.S.R.Sharada covered 9.08m and missed the record by 10 cm.

Long jump (B Girls)

Under the watchful eye of old man sun, we had the long jump B Girls event. This event also inaugurated a new sand pit near the wall practice area.

Uditi of tenth grade broke the B Girls' record by jumping 4.32m, the previous record being 4.26m. We have Kiran in the 2nd place who made it at 3.35m and Shreya came in 3rd at 2.9m.

- Anshika and Kirtan



Interstellar 2.1





Interstellar 2.2



BEWARE OF JAVELINS!!

Danger Zone

Tresspassers May be Impaled when A Boys are on the Javelin Field





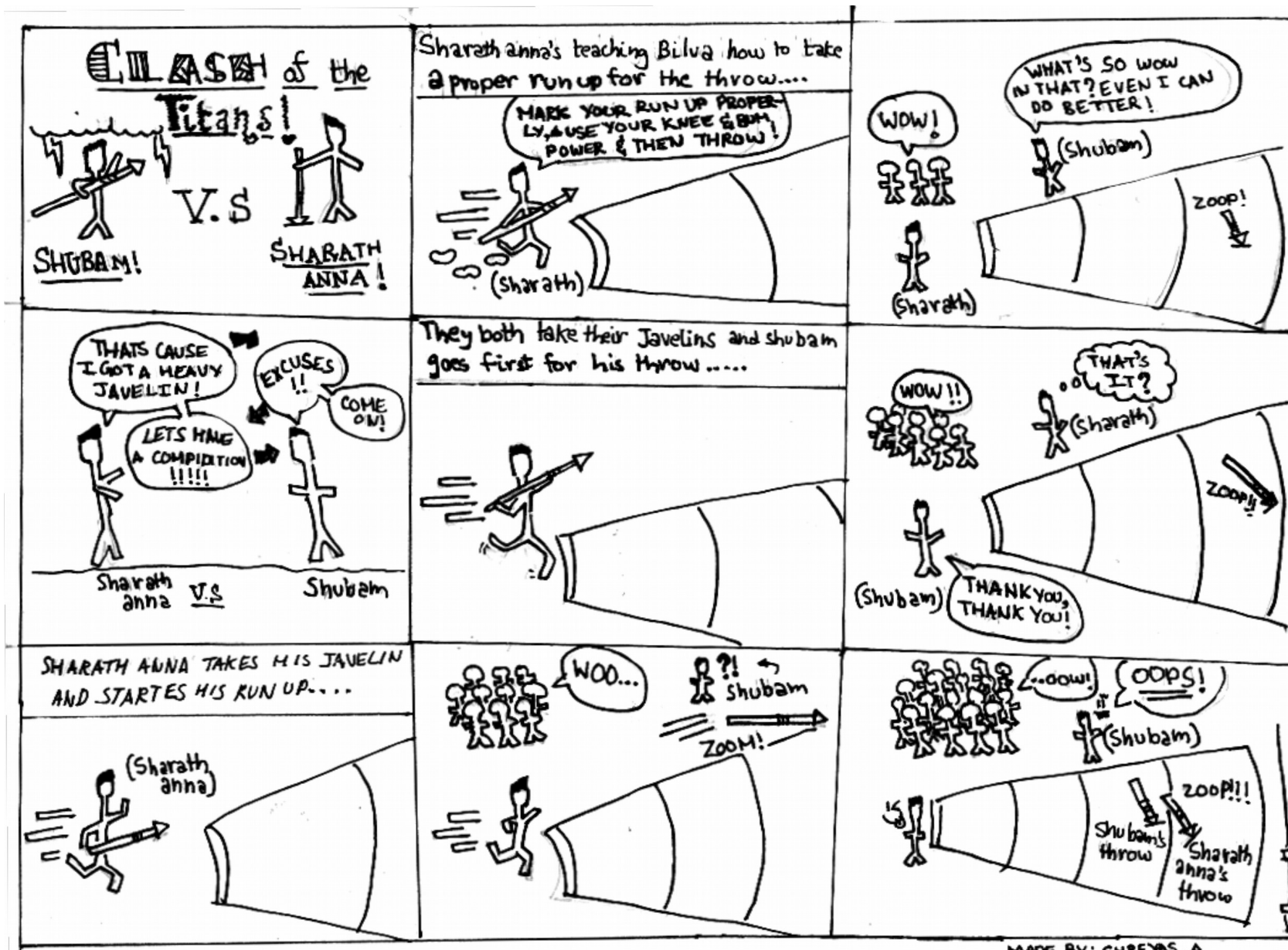
Winners at a Glance

S. No	Events	1 st	2 nd	3 rd
1.	25 m run [prep] Jr	Saanvi. J	Sai Karthik	Siyona. S
2.	75 m run [prep] Sr	Raghuveer V S	R S Viswa	Chaithli Konangi
3.	25m potato gathering [prep] Jr	Saanvi. J	Sai Karthik	Nithya
4.	50m obstacle race [prep] Sr	Raghuveer V S	R S Viswa	Chaithli Konangi
5	50m relay race [prep] Sr	Team 2	Team 1	
6	50m run [Children 4th]	Aadith Sirohiya – 8.56 sec	T. Likhith – 8.81 sec	Ira .B– 9.18 sec
7	50m run [D girls]	Nathania . J. K - 8.17 sec	Shreya .T - 8.31 sec	Aarushi Mahi – 8.69 sec
8	100 m run [C girls]	Rhea.B – 15.20 sec	Siya.D – 15.78 sec	Keerthana.R – 16.09 sec
9	100 m run [D boys]	Krish.C – 15.14 sec	Panav.S – 15.31 sec	Jatin.R – 15.75 sec
10	100 m run [children]	Aadit Sirohiya – 16.90 sec	T. Likith – 17.63 sec	Akith (REC) – 17.75 sec
11	100 m [D girls]	Nathania . J. K – 16.20 sec	Aarushi .M – 16.97 sec	Gorle Ashra – 17.60 sec
12	100m [C boys]	Darius.M – 13.33 sec	Anand. V – 13.78 sec	Jigmet. L – 13.88 sec
13	100 m [B girls]	Uditi.C – 14.51 sec	Harini. N – 15.94 sec	Ria. S – 16.12 sec
14	100m [A girls]	Vindhya. K – 14.21 sec	Mahita. T – 14.79 sec	Anjana. S – 14.81 sec
15	100m run [B boys]	Nemakallu Mokshit N-12.71sec	T N Varun – 12.75 sec	Yash Suhas – 12.97 sec
16	100m run [A boys]	Praneeth. K – 12.31 sec	Subam. C – 12.33 sec	Siddharth. M – 12.49 sec
17	Tunnel ball relay [children, 4th]	Team 2	Team 1	
18	High jump [A boys]	Siddharth. M – 1.56m	T N Nikhil – 1.49 m	Manan.C – 1.41 m
19	Long jump [B girls]	Uditi.C – 4.32 m	Kirandeep Singh – 3.35 m	Shreya Bhatt – 2.98 m
20	Shot put [10lb] [A girls]	CSR Sharada 6.71 m	Mahita.T - 6.66 m	Maya Shah - 6.42 m
21	Javelin throw [B boys]	Stanzin Rafstan – 36.11 m	Bilvasai.P – 35.98 m	Abhiraj.C - 28.49 m
22	Cricket ball throw[children, 4th]	Aadit Sirohiya – 31.39 m	Rupesh (REC) – 24.18 m	G Sriram – 23.54m
23	Triple jump [A girls]	C S R Sharada – 9.08 m	Kasthuri. M – 8.21 m	Vindhya K – 8.18m
24	400m run [D boys]	Panav. S – 1'14.76 sec	Jashavant (REC) – 1'20.00 sec	Arav. K – 1'22.44 sec
25	400m run [C girls]	Rhea. B – 1'18.56 sec	Disqualified	Disqualified
26	400m run [C boys]	Darius. M – 1'07.57 sec	Anand. V – 1'11.40 sec	Aditya. M – 1'14.59 sec
27	400m run [B girls]	S.Nandita – 1'13.18 sec	Shreya. B – 1'18.50 sec	Ria. S – 1'28.75 sec
28	400m run (A girls)	Vindhya. K – 1'07.20 sec	Maya. S – 1'13.66 sec	Mahita. T, Anjana. S, Kasthuri. M – 1'37.03 sec
29	400m run [B boys]	Arnav. B – 1' 01.69 sec	Akash. G – 1'03.09 sec	Indraneel. M – 1' 09.03 sec
30	400m run [A boys]	Praneeth. K – 57. 84 sec	Prabhanjana. – 1'03.79 sec	Aravind. M – 1'08.12 sec
31	25m Spoon and lemon [C girls]	Disqualified	Disqualified	Disqualified
32	25m Needle and thread [D girls]	Ashra. G	Ria. R, Niya. D	Ruhin. T
33	Tunnle ball relay [D girls]	Team 1	Team 2	
34	Long jump [D boys]	Panav. S – 3.59 m	Arav. K – 3.11 m	Revanth. R – 3.09 m
35	Javelin throw [A boys]	Mehul. A – 36.33 m	Aravind. M – 35.32 m	Pradnayan. A – 34.25 m
36	High jump [B boys]	T. Rohit – 1.49 m	Mokshit. N – 1.43 m	T N Varun – 1.41 m
37	Shot put [8lb] [B girls]	S Shrimadhi – 10.10 m	Samhita. T – 6.67 m	K N Bhavya – 6.65 m
38	Long jump [A girls]	Vindhya. K – 3.81	Kasthuri. M – 3.65 m	Maya. S – 3.62 m
39	Cricket ball throw [D girls]	Gohitha – 28.75 m	Medha – 28.13 m	Aarushi – 22.69
40	Triple jump [C girls]	Varshini - 8m	Siya – 7.90m	Mishka – 7.57m
41	50m obstacle race [children, 4th]	T.Likhith – 12.01 sec	Jannaa Sritha – 12.34 sec	Aadith S. – 12.62 sec
42	50m obstacle race [D girls]	Aarushi Mahi – 11.89 sec	Shreya Tammali – 12.31 sec	Nathania . J. K – 12.37 sec
43	50m obstacle race [D boys]	Panav. S – 10.55 sec	Krish.C – 10.54 sec	Jatin.R – 11.34 sec
44	50m obstacle race [C girls]	Mishka Katyayan – 11.41 sec	Manaswini.M – 11.50 sec	Siya.D – 11.75 sec
45	50m obstacle race [C boys]	Darius.M – 9.87 sec	Sai Suchir Dachepalli – 10.56 sec	Sanan.V – 10.63 sec
46	50m Slow cycle race [B girls]	Ashini.A – 52.59 sec	Disqualified	Disqualified
47	50m Slow cycle race [B boys]	Bilvasai.P – 2'05.45 sec	P.Akarsh – 1'53.31 sec	Angad Singh – 1'52.59 sec
48	50m Slow cycle [A boys]	Arvind.M – 2'40.70 sec	Madhava.R – 1'48.53 sec	Disqualified
49	50m Slow cycle[A girls]	Nikita Nath – 1'23.41 sec	Disqualified	Disqualified



Winners at a Glance

Sl no	Events	1 st	2 nd	3 rd
47	3000m open [A+B girls]	Sanjula – 16'0.75"	Gamya – 18'21.86"	Harini.N – 18'57.40"
48	1000m open [C boys]	Praveen(REC) – 3'56.25"	Sanan – 3'58.59"	Anas Shah – 4'0.52"
49	4x100m relay [9,10,11,12 boys + girls]	11ths – 54.06"	10ths – 56.38"	12ths – 59.81"
50	4 x 50m relay [4 th boys + girls]	-	-	-
51	4 x 100m relay [5,6,7,8 boys + girls]	-	-	-
52	High jump[D boys]	Krish – 1.26 m	Panav – 1.17 m	Jidvish – 1.15 m
53	Shot put [10lb] [B boys]	Abhiraj – 10.06 m	Aakarsh – 9.62 m	Anshul – 9.60 m
54	Cricket ball throw [C girls]	Mishka – 42.77 m	Pushpa (rec) 31.29 m	Suyosha 30.80 m
55	Long jump [A boys]	Siddharth – 5.63 m	Praneeth – 5.54 m	Pradnayan – 5.32 m
56	Long jump [children, 4 th boys + girls]	Adit 12.01 m	Sahaj 2.52 m	Sritha 2.49 m
57	Cricket ball throw [C boys]	Jigmet – 61.70 m	Saaketh – 55.32 m	Praveen (REC) – 52.86 m
58	Triple jump [B girls]	Uditi 8.73 m	Joyeeta 7.35 m	Vartika 6.86 m
59	5000m open [A+B girls]	Maya – 22'5.85"	Shreya – 25'34.22"	Nikita – 34'36.66"
60	1500m open [A+B boys]	Arnav .B – 5'40.72"	Vishnu – 5'50.56"	Prabhanjana – 5'57.90"
61	800m open [D boys]	Panav – 3'31.19"	Abhiveer – 3'44.56"	Jatin – 3'44.72"
62	800m open [C girls]	Rhea – 3'26.72"	Chathurya – 3'29.81"	Avani – 3'36.20"
63	300m open [children]	Adit – 1.01.44"	Likhith – 1.08.25"	Mritunjay – 1.08.72"
64	500m open [D girls]	Nathania – 1'47.25"	Aarushi – 1'57.12"	Anjali – 2'8.16"
65	Cricket ball throw [D boys]	Panav – 45.29m	Arav – 34.37m	Vaibhav – 32.86m
66	High jump [C boys]	Darius – 1.36m	Saaketh – 1.31m	Srivar – 1.28m
67	Long jump [C girls]	Rhea – 3.7m	Siya – 3.4m	Varshini – 3.37m



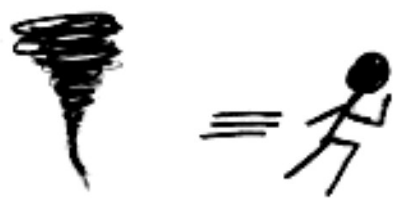


Records at a Glance

S.No	Event	Old Record	Year	New Record
1	Long jump [B girls]	Mallika Talwar - 4.26 m	2011	Uditi.C – 4.32 m
2	400 m[A girls]	Mallika Talwar – 1'10:34 sec	2012	Vindhya.K – 1'07:20 sec
3	Obstacle race [Children]		New	Likhith – 12.01", Shritha – 12.34", Adit – 12.62"
4	50m obstacle race [C girls]	Sreeja Reddy – 11.63"	2016	Mishka.K – 11.41 sec
5	50m obstacle race [C boys]	Vishakh – 10.44"	2016	Darius.M – 9.87 sec
6	Shot put [B girls]	Vennela – 8.56 m	2013	S Shrimadhi – 10.10 m
7	Obstacle race [D girls]		New	Aarushi – 11.89"
8	Obstacle race [D boys]		New	Panav – 10.55",
9	5000 m open event	Maya – 22'58"	2015	Maya – 22'5.85"
10	CBT [C Boys]	Zubin – 61.57m	2010	Jigmet – 61.70m
11	500 m open [D girls]	Nathania – 1.57"	2016	Nathania – 1.47.25

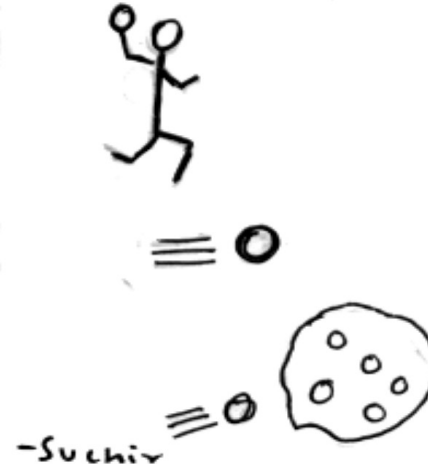
Comic Quiz

DO YOU KNOW WHAT
CREATED TORNADO WLCY?
ANS :- PRANEETH



-Suchir

DO YOU KNOW WHY THE MOON
HAS SO MANY DENTS?
ANS:- SAAKETI



-Suchir

Today's Edition was brought to you by:

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