



SPORTLIGHT

Rishi Valley School

September 30, 2017

Day 3

And We Pass it On...Burning Bright Midst the Blue



Sudden silence at the end of an exciting and loud day should be deafening by usual standards. But here in the valley, it seems to fall gently into the natural fold of events. A beautiful quiet descends upon the folk and field to be followed by the closing ceremony events. Students filed towards the field. Torches were lit and in the soft light of dusk, the warm fire from the torches increased in numbers.

The lines were led by Rahula and Ira. As the smoke rose high, the staccato footsteps of the students were heard circling the field.

Rajashekar sir was called upon to lower

the flag. As it was folded and handed over to the Vindhya, the moment had its own fragile uniqueness.

The warm orange blended into the cool shades of blue, handing over the torches in a moment that symbolized 'no light is lost when it lights another'.

"What do these torches and moments symbolize?" mused Siddhartha Sir in his closing speech. It represented one of the many traditions that have become integral to sports day. The metaphor of the butterfly was recalled in the context of the exhilarating moments we had during sports week. Encompassing this was the extraordinary spirit of friendship,

camaraderie and mutual support across the classes, especially among senior school. Though there was intense competition, what shown through was the warm support among the eleventh and twelfth which percolated through the entire student community.

The vote of thanks by Rajan Sir paid tribute to the rain gods who have been most generous and kind to the valley.

Indeed, as we paused to look at the silhouette of the trees in the evening light, one realized that just as one can never get used to Cave Rock, the closing ceremony has been our own butterfly moment.





Carefree Competition



“I run for the fun of it,” she exclaims. As a carefree Kshithija ran along the track, we admired her inspiring spirit. She doesn’t like giving up. “It’s best to do your best,” she quips. She reminds herself that she needs to work harder when she crosses finishing line last, instead of getting disappointed. “I don’t like competition, but it is necessary,” she asserts. She adds that if there is no competition, people will not do their best. If you don’t do well, don’t give up; instead, work harder.

We admire her sportsmanship and hope she inspires and encourages people to participate more during sports day.

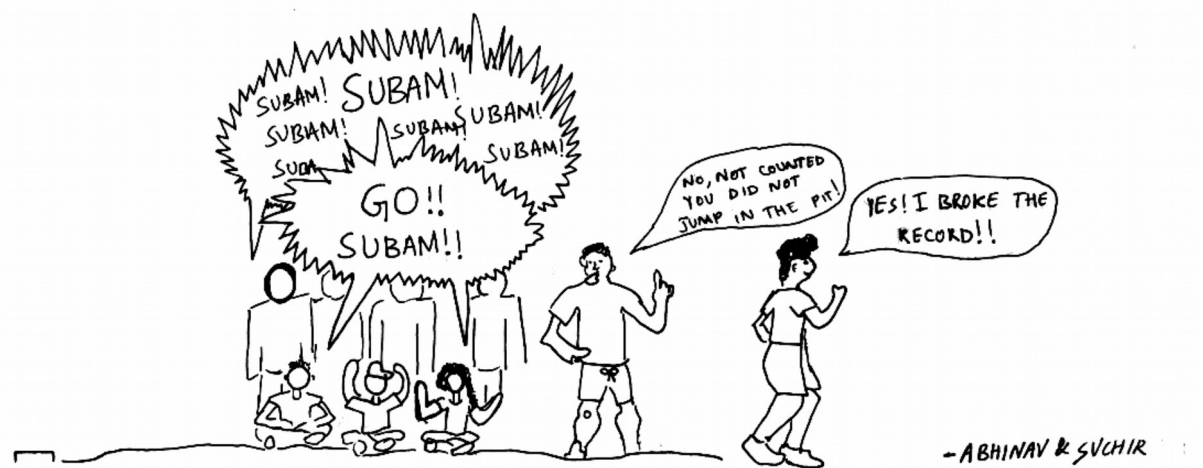
- Shivani and Bhavita

Millipedal Mileage in Milliseconds

This morning the A and B boys 200m run was well matched . The milli second difference between the winning racers made it difficult for the judges to declare the positions to the podium announcers. Siddharth won the first place by a mere difference of 18 milliseconds. Mokshit continues to surprise us

with his stellar performance, speeding past Arnav Bhatia, crossing the track by a 2.4 second variance. Two days in and the excitement continues on the field.

- Sloka and Varsha



Pitch Not So Perfect

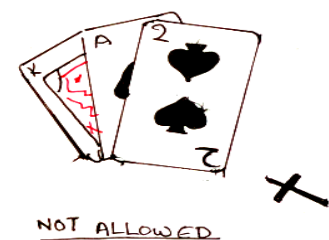
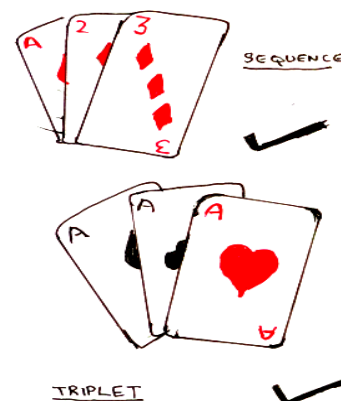
Every sports day music played on the podium permeates the field and the far corners of the campus. These songs are chosen by the 12th graders. Most people find the music encouraging and feel like dancing to it. “A bit more than swag,” quotes Mridul. While some feel that full songs should be played, others say that it is nice to keep changing the songs, else it would get boring. A musical battle is going on between students who like EDM songs and students who don’t. Some say that EDM songs should be played more

frequently while others are against it. “Not at all enjoyable! We like Bollywood music,” say the akkas distributing Walyte. “I think the DJ should also ask the teachers and juniors for suggestions,” says Bharati. Let’s hope in the near future that the ‘pitch’ becomes perfect.

- Jharna and Shaunak

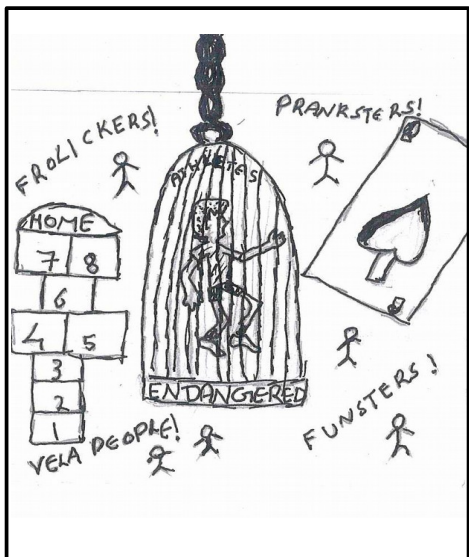
A Different Card Game

The arrival of Sports Day heralds new versions of games. These games are a *time pass* for people who have not been selected in any of the sports day events. Popular games are hopscotch, Aba Dube, Foyer, Damn ball and catch-catch. Recently, card games have been introduced to the sports day games tradition. Games such as Rummy, Slam, Egyptian slam and Teen patti are played on the cemented tops around the trees. Students nowadays seem more interested in these games than the actual athletic sports. Most of these games are played by the juniors.





The Endangered Species



This year on Sports Day, many events called for direct qualification because there were few people for the heats.

A number of these events had hardly more than 10 people for the heats. One of the possible reasons for lack of participation seems to be the fear of stiff competition.

There are other reasons too. "Some people didn't participate at all. They just want to stay at home and have fun," Anunya shares.

Sagai Sir adds, "When you are a junior, you have no distractions; you just go ahead and take part in Sports Day. Once you become a senior, things like studies or friendship problems distract you, preventing you from participating in events."

One specific reason this year is the postponement of Sports Day. We hope the eighties and other juniors keep participating in the years to come as they move into senior school.

- Jharna

The Ex-Report (Interview with the ex-students of RV)



1. What is the difference between sports day now and sports day then when you were in school?

Sagai: When I was in school, sports day was a 2 day affair. Instead of high tea, we had a special dinner on the second day. During the closing ceremony we burst crackers, and the REC did not participate in the fun events.

Sonali: Sports day, when I was around, was much less organized and the 8th graders also had to participate in the march past.

Siddhartha: When I was in school, sports day was held only for a day. Now, we have longer events. When I was in school, the longest event was 1600m.

2. What are the events that have been added and name those that have been removed from sports day since your days?

Arsh: Now, you are not allowed to spin and throw for discus. I remember watching my seniors spin and throw.

Sunil: When I was here, we had pole vault.

Anushka: There was no CBT. We danced during the opening ceremony and I was in the 11th grade then. The seniors do not dance anymore.

3. Did you have 'fun events'?

Aniket: We watched *Chariots of Fire* every year. Also, the students chose the school captain and the torch bearers.

Siddhartha: Sports Day happened on a much smaller scale. We did not have movies, and the drill and march past were much shorter.

4. Is it more fun to conduct or participate during sports day?

Aniket: I think it is better to participate, but when I was in school I helped in organizing. I was horrible at athletics, so tennis, table tennis and badminton were my games.

Anushka: Personally, I like conducting better. When I was here, the only event I ever won was slow cycling!

5. If you were to change anything for sports day, what would it be?

Sagai: I feel that two and a half days is too much. Also, the kids can help in decortaining the field rather than somebody doing it for them.

Arsh: I think spinning in discus should be permitted. Maybe the school could get a pool and add some swimming events.

Sunil: They should remove the staff event. It takes too long to organize!

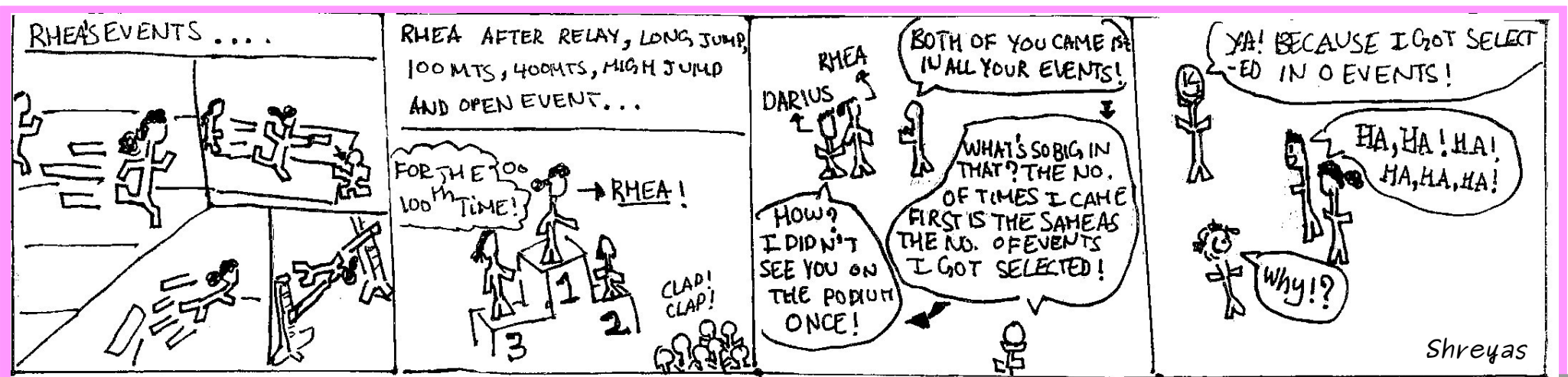
- Shrey and Pankhuri

Rhea Rose Again

Rhea broke the high jump record by a full 3 cm. The previous record was set in 2006 and 2011 respectively by Ranitha and Vennela - 1.21mts. This year Rhea rose higher, setting the

mark at 1.24 mts. Let's hope for greater heights!

- Sloka and Dyuti



Shreyas



Monopolizing on Sports Day

Relaxing after your events is very important. There were some ways RV-ites were found relaxing during the sports day: Karthik Sir was spotted taking a nap stretched out on the bench under the tent. K.M Sir was mulling over a game of chess and Aniket Sir was seen with a 'Rolling Stone' magazine rolled under his arm. The senior boys were 'wrestling' and relieving themselves from stress. Another popular passtime is making fashionable hairstyles. The 9thies were playing poker and frisbee. Joshi Sir was also 'caught' flinging a frisbee with the 9thies. Dancing is also a good way to shake off the sprains. To add to the merriment, Senior boys recreated the famous game Monopoly, naming it 'Rvpoly'. The game is based on the popular game, but the places have been changed, for example, Sr. School and Murukku House were used. The playing cards were also changed to 'caught with illi' or 'going by office party'. And what better way to remember sports day than to take a multitude of pictures on vintage film cameras. This weekend has been full of fun and games indeed!

- Varshini

Tete-a-tete with Vindhya

Haven't we all waited eagerly to see her run, marvelling at her thirst for speed? Vindhya is known for her grace and strength on the field. Though she makes it look easy, we know how she spends her mornings, jogging on the tracks everyday.

A short 5 minute rendezvous with her went like this:

Rachna Bharati: When did you first start running?

Vindhya: In 6th grade, I think.

RB: How did it all start?

V: When I was younger, my parents would take me to the park and make me race. That was when I started developing a passion for the sport.

RB: What does running mean to you and what inspires you to run?

V: I am not really sure what it means to me, but it has become a part of me over the years, and I guess I run because...I just love it!

RB:What is your favorite running distance?

V: 400 m

RB:What is your view of RV and are you happy to be here?

V: I am absolutely delighted to be here and I think it's an amazing place.

R: Lastly, what do you think of your first sports day in RV?

V: It's all very exciting and a new experience in itself. I like it a lot, but I wish more students would just participate during sports day.

- By Rachana and Bharati

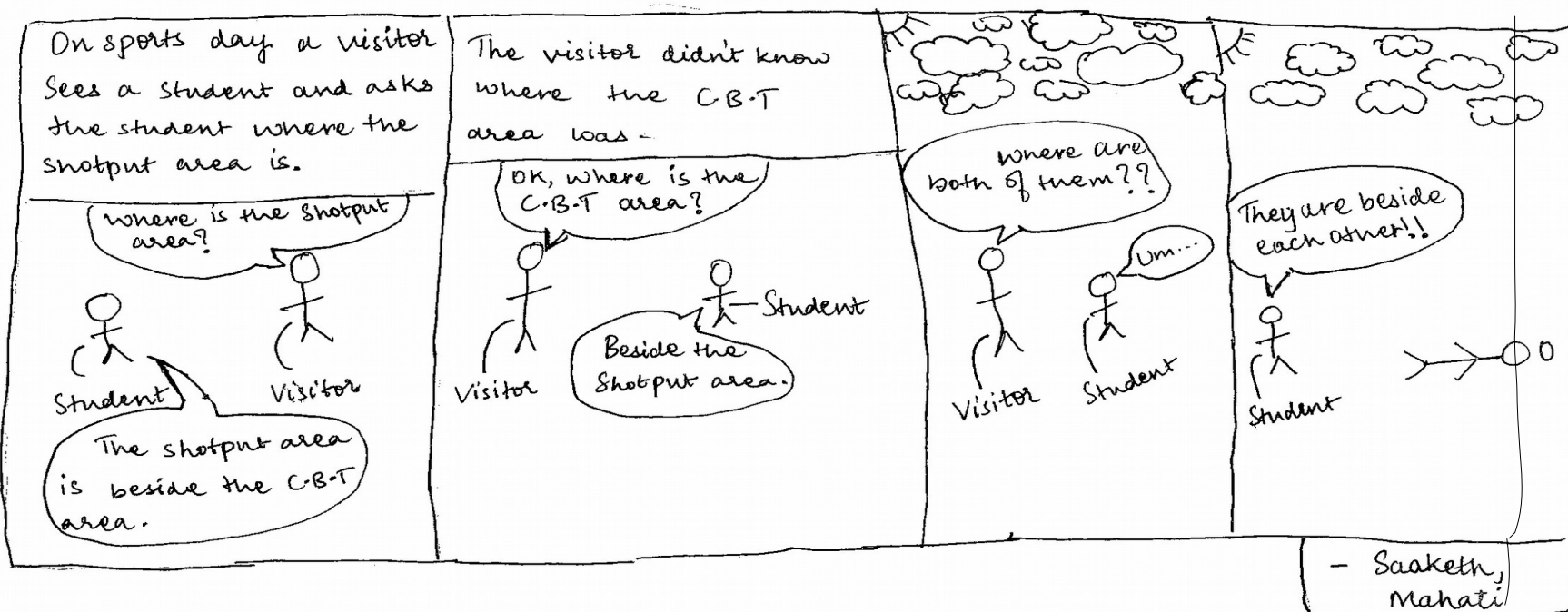
Vineeth's Victorious Comeback

Vineeth Koneru of class 11th has recently made an astounding comeback into sports. The injury from the 2016 RV Cup left him immobilized for almost 5 months. The tissues in his knee tore thrice, the third time being the worst and most painful. The doctor told him that he should not play any sports for 2 1/2 months. The restless Vineeth pleaded with his doctor to allow him to atleast cycle. As his 2 1/2 month rest was coming to an end, the doctors discovered that Vineeth was suffering from Plica

Syndrome. This made Vineeth's tissue regrow faster and it continued to grow even after healing. This caused him severe pain. He needed a surgery—this kept him away from sports for 2 more months. It was a slow road to recovery. He has started moving only since the beginning of September. This sports day he has bounced back into action proving the adage "Where there is a will there is a way."

- Aditya. M

Yours Truly RVite



- Saaketh Mahati



Sports Quiz

1. Where are the next three Olympics happening (in order)? In which years?
2. Who is the highest paid sportsman in India?
3. Which footballer holds a copyright for his name?
4. Who is the highest paid basketballer?
5. What is Stephen Curry's height?
6. Bruce Jenner famously changed his gender to a woman (Caitlyn Jenner). Previously, Bruce Jenner was very famous for winning a gold medal in the Olympics. Which event did he win?
7. "Every British athlete has got to be wildly excited. It's a once-in-a-lifetime opportunity." Which athlete

said these words?

8. Which team has the most Superbowl wins after the year 2000?
9. Which Grand Slam, if you win, do you get the most money?
10. Who is the fastest man in the world and what is his record? In which year did he break it?

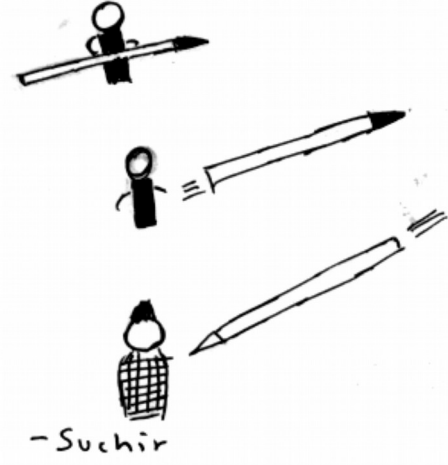
Answers

1. Tokyo (2020), Paris (2024), Los Angeles (2028)
2. Virat Kohli
3. Zlatan
4. LeBron James
5. 6' 3" (the shortest in his line)
6. Decathlon (10 events, highest score)
7. Phillips Idowu
8. New England Patriots
9. US Open
10. Usain Bolt, 9.58" in 2009

- Mahati and Vaishnavi

DO YOU KNOW HOW OSAMA BIN LADEN DIED?

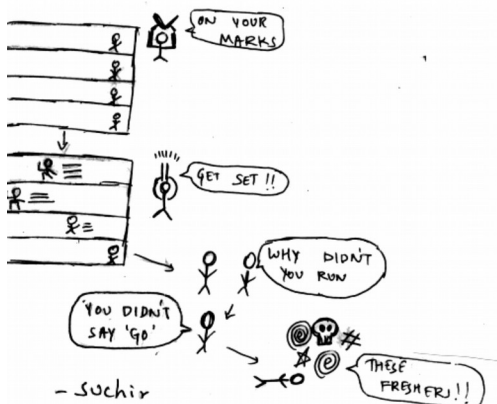
ANS:- BILVA



Click Clack

Rishi Valley sports tabloid comes to you in colour this year. The Photography Club members, led by Natarajan Sir are running around the ground, clicking away. The team consists of ninth, tenth and eleventh students. The team is using three Sony Cybershot cameras with an optical zoom of 35. Ishan, a ninth grade photographer states, "This is a nice experience for us all. We are learning how to capture objects in motion and emotions." A number of these photographs have also been captured by Vishwanath sir on his MI Note, "Always waiting for some interesting things to happen." (Vishwanath sir has been taking pictures for sports day for the past 6 to 7 years).

Aditya and Mahati



Our Favourite Day ...

మాకు ఎంతో ఇష్టమైన రోజు సపోర్ట్
RV Sports day-2017

- ★ రిషి వాలీ స్పోర్ట్స్ డే కోసం మేము చాలా ఆశ్చర్యంగా విడుదల చేస్తున్నాము. ఎంతోమంది ఇక్కడ జరిగి ఆటల పోటీలలో పాల్గొని సైలవాలి ఎంతో ఆనందం కలిగింది. - పల్లవి, ఏడవ తరగతి
- ★ మాకు ఇచ్చిన టీ-షర్ట్స్ చాలా బాగున్నాయి. మేము సంవత్సరమంతా ఎంతో ఇష్టంగా వీటిని ధరించుకుంటాము. అప్పుడు రిషి వాలీ స్పోర్ట్స్ డే గుర్తుకొస్తుంది. - భువన్, ఏడవ తరగతి.
- ★ నాకు 1000 మీటర్స్, 800 మీటర్స్ పనులలో మొదటి మొదటి వచ్చినందుకు చాలా సంతోషంగా మరియు నేను ఆటలలో బాగా చేరుకుంటే నాకు కలిగినది. దీంతో నాకు పోలీస్ సెలక్షన్లలో నేను రాణించగలనని నాకు అనిపిస్తున్నది. ప్రవీణ్, ఏడవ తరగతి
- ★ నేను లాంగ్ జంప్ అప్పుడు జిన్స్ ధరించడం వలన నేను ఎక్కువ జంప్ చేయలేక పోయాను. నేను కూడా షార్ట్స్ ధరిస్తే అంతే సైలబెయిన్ చేసేవా. - లక్ష్మి, ఆరవ తరగతి
- ★ మేము ఇక్కడ డ్యాన్స్ చేయడం మాకు చాలా ఆనందం కలిగించింది. - తానీసా, సైలజా, ఆరవ తరగతి
- ★ స్పోర్ట్స్ డే డివెన్సింగ్ రోజు ఇచ్చిన స్నాక్స్ మరియు జ్యూస్ మాకు చాలా బాగా నచ్చింది. - అజయ్, హర్షా, డాము, ఆరవ తరగతి
- ★ ఇక్కడ టీ-షర్ట్స్ మరియు పిల్లల వస్తువులు చాలా బాగా ప్రోత్సహిస్తున్నారు.

ఇట్లు
REC 6th & 7th class students

About A Day We Like ...

We eagerly await for the Rishi Valley Sports Meet. We like to participate in the sports events and hope to win.

- Pallavi 7th standard

The T-shirts given to us are extremely nice. We use them throughout the year and whenever we wear them we recollect the sports meet.

-Bhuvan 7^h standard

I came first in 1000m and 800m events. With that I have gained great confidence that I can do well in sports. Hence, I am hoping that I will succeed in the police selections.

- Praveen 7th standard

I did long jump wearing jeans, so couldn't do well. I wish that I had worn shorts.

-Lakshmi 6th standard

Our putting up a dance performance in the opening event has given us great happiness.

-Thasena, Sailaja 6th standard

We enjoyed the snacks and juice that were served on the opening day.

- Ajay, Harsha, Damu 6th standard

Here the teachers and students have encouraged us a great deal.

- REC 6th and 7th graders



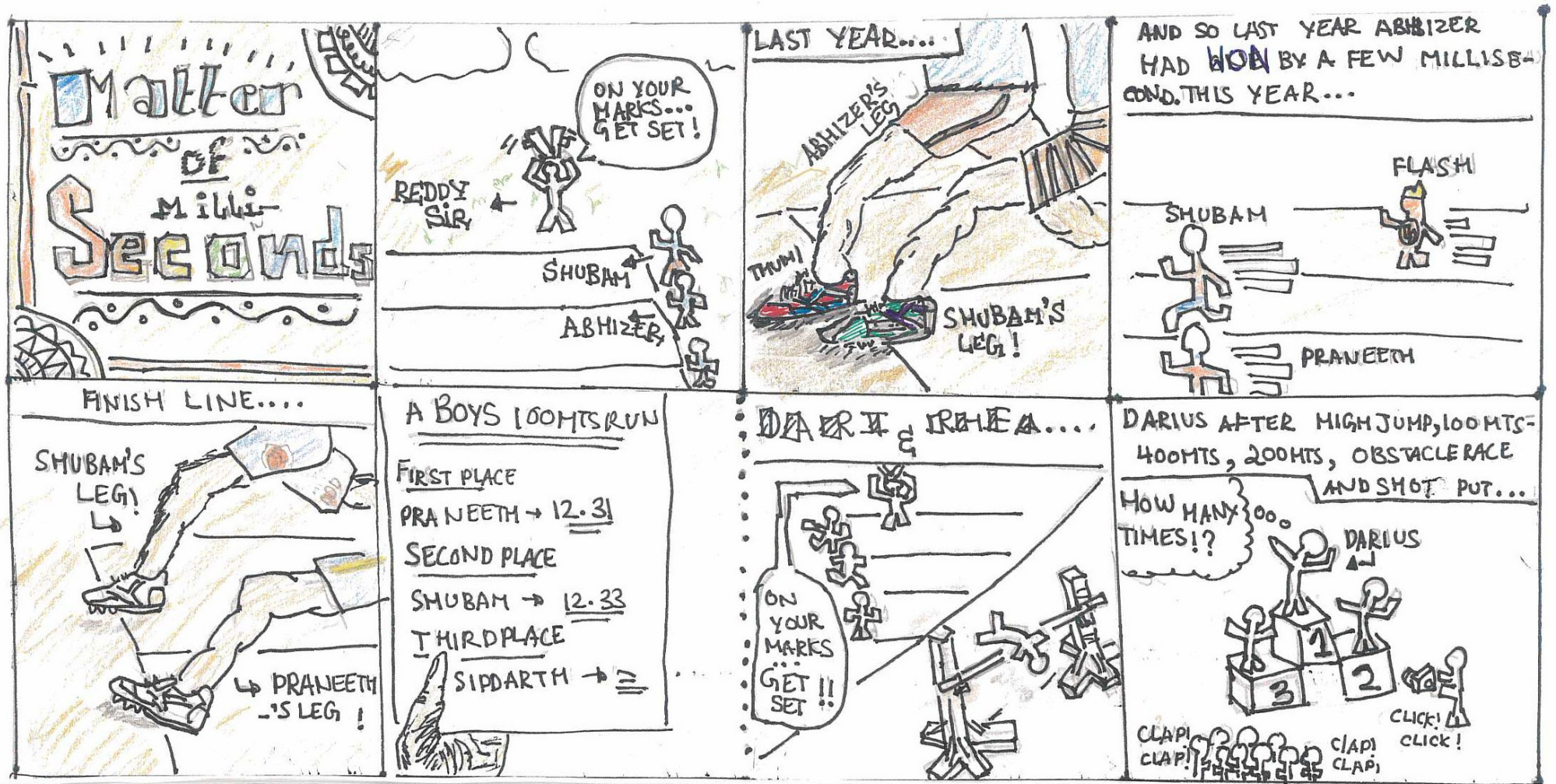
ALL WORK...





... AND ALL PLAY





Repeat Results ... Rollicking Ruckus

Yesterday's and today's class relays followed the same winning sequence. There was a hush on the games field before the 4x200 m relay. All the senior classes gathered around the class runners. The moment Reddy Sir signalled 'go', Vindhya took the lead, cementing the 11thies' position. Nanditha followed her close behind. There were loud cheers of encouragement when Udithi raced past Maya raising the 10thies' hope. The 12thies with their good team spirit and sportsmanship took the third place. Although there were lots of spins and falls,

the inter-house relays were one of the most enthusiastic events. In the girls' house relays all the participants were closely matched. When Malli House won, the cheerleaders went up on stage declaring their victory; however, Rajan Sir waited until it was made official. Close on the heels of Malli were Amaltash and Green House.

For the boys' house relays, Riz made a guest appearance at the commentary stand. Amidst Rajan Sir's half-hearted attempts to keep his comments neutral, everybody took sides to cheer for their own

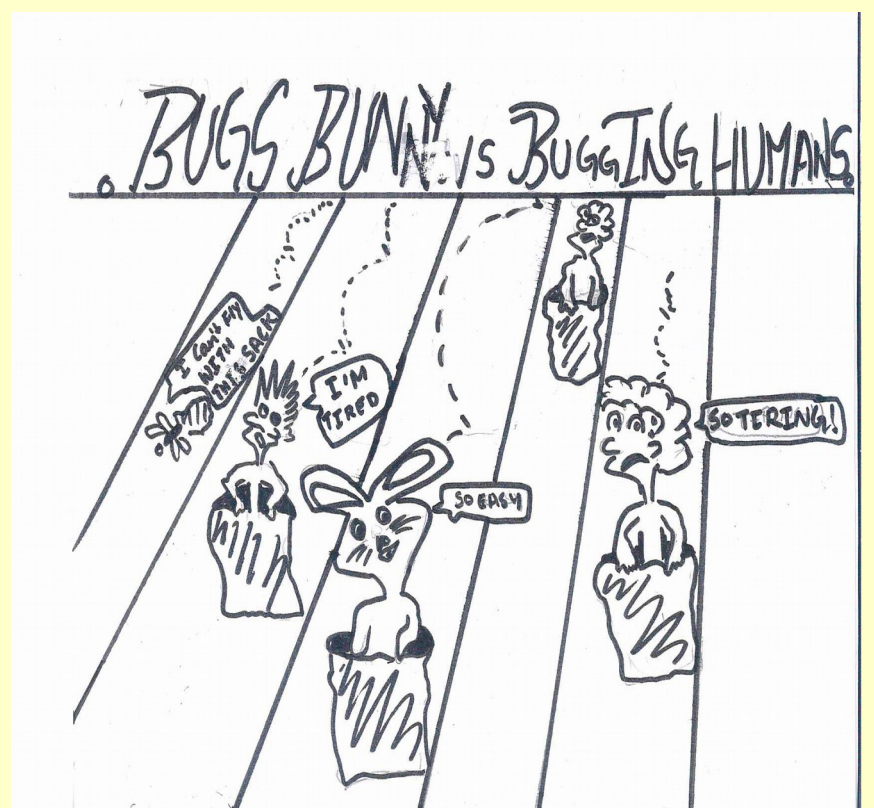
house. Sreevani Akka made a brave attempt, running for her house, keeping her boys on their toes.

As Alamanda came first, Rajan Sir jumped excitedly, while Riz joined him in announcing that Jacaranda had won the second place. Meena Akka, sitting beside the stage sighed as the Duranta boys finished third.

-Sloka and Keerthana

THREE CHEERS TO VARTIKA . SHE HAS ENTERED THE LAND OF RECORDS WITH A HOP , JUMP AND SKIP.

SACK RACE B GIRLS: 6.93 SEC





The Winners at a Glance

S. No	Events	1 st	2 nd	3 rd
1.	200m run D girls	Nathania-33.30sec	Aarushi-35.65sec	Anjali-37.75sec
2.	200m run D boys	Panav-32.73sec	Jatin-33.10sec	Sebastian-34.34sec
3.	200m run C girls	Rhea-32.46sec	Manasvini-33.82sec	Siya-34.43sec
4.	200m run C boys	Darius-26.36sec	Anand-29.53sec	Abheet-30.09sec
5	200m run B girls	Nanditha-32.06sec	Shreya.B-33.57sec	Harini-35.44sec
6	200m run A girls	Vindhya-29.44sec	Mahitha-30.88sec	Anjana-31.12sec
7	200m run B boys	Mokshit-26.11sec	Arnav.B-26.75sec	Varun-27.44sec
8	200m run A boys	Siddharth-25.20sec	Praneeth-25.38sec	Nikhil-27.44sec
9	Discuss throw 1.5kg B boys	Devshrut-21.22mts	Abhiraj-20.20mts	Stanzin-19.86mts
10	Shot put (12 pounds) A boys	Vineeth-9.80mts	Mehul and Ajant-7.8mts	Wazeed-7.74mts
11	Cricket ball throw A girls	Anjana-34.50mts	Maya-33.20mts	Phalguni-29.79mts
12	Long jump D girls	Aarushi-3.04mts	Nathania-2.96mts	Prajna-2.70mts
13	High jump B girls	Vartika-1.12mts	Shreya.B-1.06mts	-
14	Shot put C boys	Darius-9.85mts	Mridul-9.43mts	Abheet-8.93mts
15	800m run C boys	Anas Shah-2'54.54"	Sayan-2'58.50"	Praveen(REC)-3'02.53"
16	800m run B girls	Nanditha.S-3'07.08"	Shreya .B-3'15.25"	Sanjula-3'24.12"
17	800m run A girls	Vindhya-2'44.34"	Maya-2'59.75"	Nikita and Anushka-4'20.17"
18	800m run B boys	Akarsh-2'30.64"	Arnav-2'34.28"	Indraneel-2'37.88"
19	800m run A boys	Praneeth-2'35.05"	Prabhanjana-2'36.47"	Arvind and Ajanth-3'07.10"
20	High jump A girls	CSR/Maya-1.17mts	--	--
21	Triple jump D boys	Krish-8.68mts	Panav-8.0mts	Lalith-7.70
22	Cricket ball throw B girls	Shrimadhi-46.1mts	Anunya.K-36.45mts	Shriya.K-29.94mts
23	Long jump B boys	Mokshit-5.21mts	Arnav-5.00mts	Indraneel-4.81mts
24	Long jump C boys	Anand-4.57mts	Darius-4.40mts	Saaketh-4.12mts
25	High jump C girls	Rhea-1.24mts	Mishka-1.08mts	Varshini-1.06mts
26	Discus throw A boys	Mehul-20.74mts	Vineeth-20.43mts	Wazeed-20.20mts
27	4x200m relay 9,10,11and 12.	11 th grade 1.53.86 sec	10 th grade 1.58.34 sec	12 th grade 2.02.94 sec
28	Sack race B girls	Vartika -6.93sec	Sanjushree-7.53sec	Devaki-7.62sec
29	Sack race A girls	Nikita-8.05sec	Dhanya-8.19sec	Naina-10.07sec
30	Sack race B boys	Devesh 6.90sec	Maqbool-7.96sec	Mokshit-8.00sec
31	Sack race A boys	Arvind-7.18sec	Surya-7.72sec	Siddharth -8.94sec
32	Three legged race C girls	Dyuti and Nanditha-9.53sec	Ananya and Manasvini -9.80sec	Jharna and Chathurya-10.07sec
33	Three legged race B girls	Eksheka and Devaki-10.19sec	Medha and Bhavya-10.37sec	Sanjula and Aishwarya-10.43sec
34	Three legged race A girls	CSR and Anjana-9.48sec	Anushka and Nikitha-10.79sec	Maya and Mahita-10.84sec
35	Three legged race B boys	Mokshit and Nishant-7.75sec	Vivek and Arnav -8.79sec	Atharva and Abhinav -9.50
36	Three legged race A boys	Manan and Nikhil-8.26sec	Jitamanyu and Surya-8.39sec	Dazer and Rinchen-8.50sec
37	Three Legged race C boys	Anas Shah and Suchir-8.96sec	Aditya and Raheem-9.90sec	Anand and Sanan-10.00sec
38	Ball up and down relay	-	-	-
39	Triple jump B boys	Mokshit-11.44mts	Arnav.B-10.97mts	Aditya.P-10.98sec
40	Triple jump D girls	Nathania-6.77mts	Ria-6.50mts	Medha-6.36mts
41	Triple jump A boys	Subam-11.65mts	Pradnayan-11.32mts	Arvind-10.02mts
42	Triple jump C boys	Darius-9.63mts	Anand-9.51mts	Jigmet-9.03mts
43	1500 m run A+B girls	Maya-6'15.24"	Shreya .B-6'44.19"	Sanjula-7'30.81"
44	5000m run A+B boys	Prabhanjana-22' 35" min	Navneet- 22' 46.81" min.	Ajant- 22' 49.69" min.
45	Medley relay	Sharat Anna & Co.	Antara & Co.	Sagai & Co.
46	Tug of war	Students	Students	Teachers

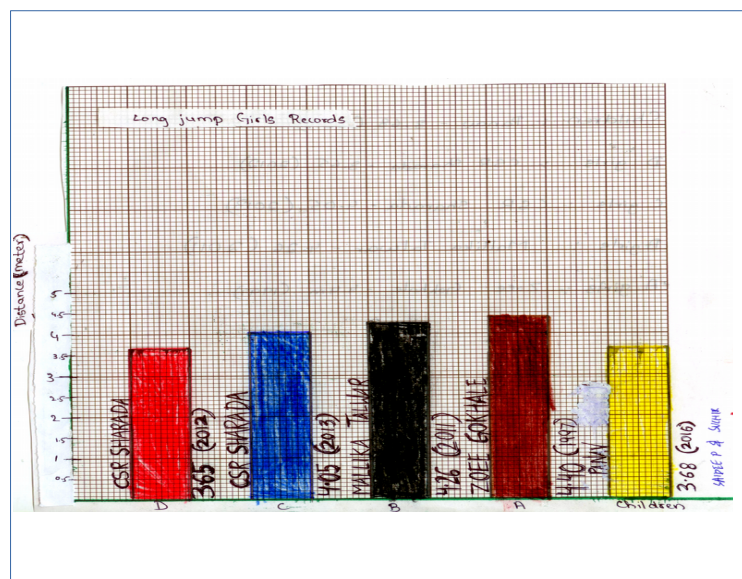
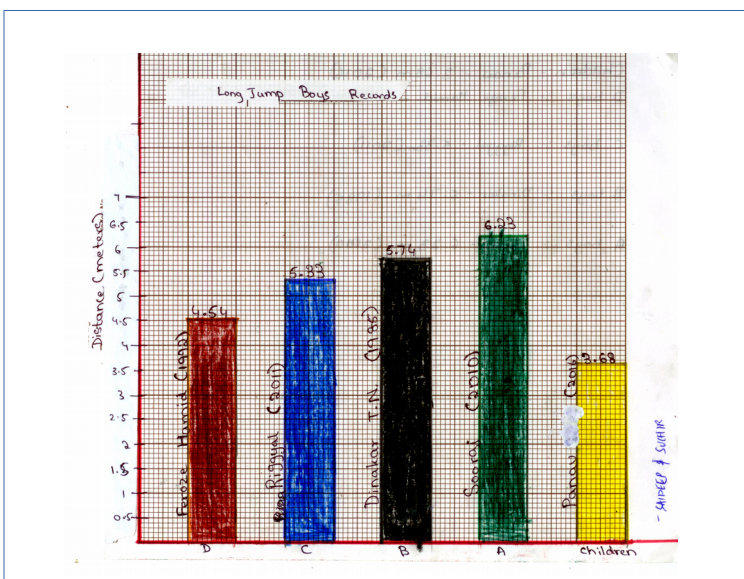
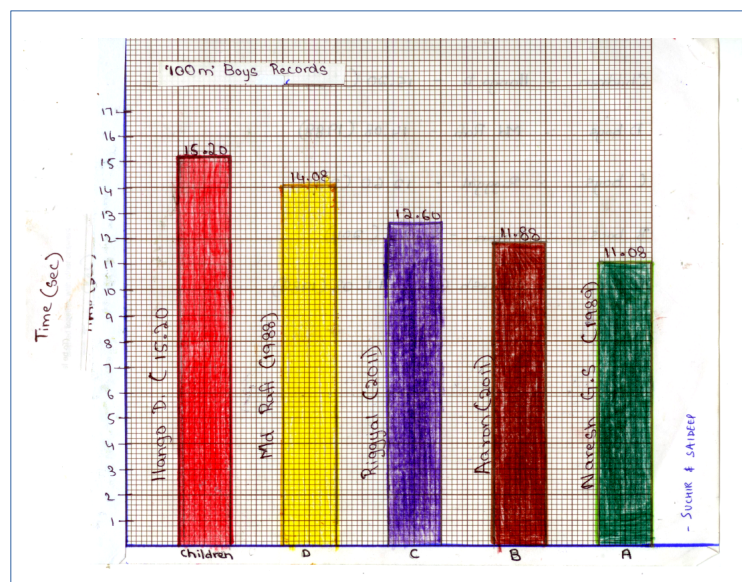
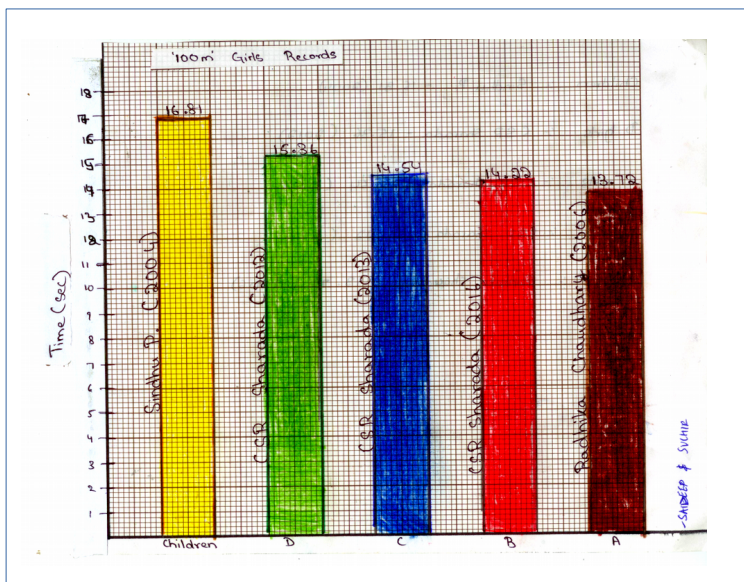


Records at a Glance

S.No	Event	Old Record	Year	New Record
1	CBT[B girls]	Vecha Spruha - 43.70 m	2015	Shrimadhi - 46.1m
2	High Jump C Girls	Vennela - 1.21 m	2011	Rhea - 1.24 m
3	800 m A Girls	Mallika Talwar - 2'55:33"	2012	Vindhya - 2'44:34" sec
4	3-legged Cgirls	Sakshi & Mithali - 9.54"	2012	Dyuti & Nandita - 9.53"
5	3-legged B boys	Devdarshan & Samvit - 8.14"	2011	Mokshit & Nishant - 7.75"
6	1500 m [A+B Girls]	Puja Sharma - 6'19.67"	1989	Maya - 6'15.24"
7	3 -legged C Boys		New	Anas & Suchir - 8.96"
8	Sack Race [B Girls]	Sruthi - 6.97"	2012	Vartika - 6.93"

Maya ROCKS her own RECORD ONCE, TWICE, THRICE !!!

After looking at the graphs, we have observed that the records are in ascending order if you take each divisions' record. It has been proven that a lot of records were broken in the 2000s. CSR Sharada has been dominating the records in long jump and the 100 m race (for the girls).



Today's Edition was brought to you by: Sloka, Yash, Chathurya, aditya, Dyuti, Raheem, Keerthana, Abheet, Himavarshini, Anurag, Rhea, Anhiti, Shivani, Bhavitha, Jharna and Charaen. Special thanks to Rajeshwar Sir for his help and guidance in layout and printing.