



# SPORTS RUSH

Rishi Valley School

September 13, 2022

## Closing Ceremony



It is first of a kind experience for many of the spectators who have never borne witness to the closing ceremony of a sports meet in Rishi Valley. Keeping with the ethos of the place, the closing ceremony is a solemn occasion and ushers in a mood of quietness. The Sun has really shone on the last two days after the rains; the colours of T shirts have further added to the cheer. So, when the sun was riding down the horizon, it was a symbolic reminder that the occasion was drawing to a close. A passing cloud showered a short drizzle perhaps as a thanksgiving.

The seniors went around in a silent marchpast. In the closing marchpast the flagbearers and placard holders exchanged hands. At the end of the march, Mishka handed over the flag to Hiya. This was followed by the torch drill by Class 12 who after going around in two arcs handed over the torches to the eleventh. In handing over the torches, they were also handing over the legacy of the place to keep for posterity in the days to come.

Nirmala Akka lowered the flag down. Rajan Sir declared the sports meet close and gave a vote of thanks thanking one and all on this occasion which brings the entire school together.

Rajan Sir appreciated that the participants had conducted themselves in the right spirit of sportspersonship and recalled the words of the oath: 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. He also thanked the weather gods of climate change for giving this tiny window to celebrate sports after a hiatus of 2 years.

He thanked all the staff, students, teachers and the various departments which came together. As he rightly pointed out it takes the work of many to make this happen. He specially thanked the Sports department—the able leadership of Reddy Sir and Sagai Sir and the annas Baghanna, Sarath, Venkatramana and Jagadeesh who had to mark and remark the fields because of the rains.

He brought much cheer when he declared tomorrow as a rest day for all the hard work done.



**Congradutations Panav for breaking  
a 37 year old record in  
LONG JUMP B BOYS and  
showing true sportspersonship throughout the  
meet!**



# SPORTS RUSH

## Magic Moments with Mishka

**Q: Were you always interested in sports?**  
 A: I was always interested but mainly when I saw my dad talking about football. I also used to love watching football and a few other sports.

**Q: What events did you take, and what are you focusing on?**  
 A: I took everything except long distances. I am mainly focusing on Javelin and Discus. The record is 27 m in Javelin and I am able to achieve 25 to 26 m.

**Q: How do you feel with us interviewing you?**  
 A: It is always nice to get interviewed. I feel like it's nice and cute.

**Q: What are your main goals?**  
 A: I want to get into a university where there is lots of exposure to sports and athletics.

**Q: Where do you draw your inspiration from?**  
 A: I look up to my aunt because of her determination and grit.

**Q: Have you ever broken records?**  
 A: I broke the 'D' girls CBT record and I had the 'C' girls obstacle race record but it got reset.

**Q: Anything that you'd get sponsored by**  
 A: My dream sponsor is "Simply Saboon"

~Avi, Aarnav and Ahana



## Ada Always Ahead



## Kudos to Kartikeya



**A**da is on a winning streak coming first in almost every event that she has participated (she has participated in many events) and leaving her competitors quite behind on the tracks. Here is an excerpt from her interview taken prior to Sports Meet.

**Q: What sports have you taken in sports day and what records do you think you can break?**  
 A: I took all the events except for three legged race and got selected for everything except Cricket Ball Throw(CBT) and obstacle race. I think that I can break 100m, long jump and triple jump records. If I practice well, I'm especially confident about breaking the 100m record.

**Q: Who is your inspiration in sports?**  
 A: Honestly, back at home, I looked up to the child in the Karate kid. However in school—sports day specially--I just try giving my best in all events.

**Q: Have you taken training for any of the sports you are doing here?**  
 A: No, but I have done these sports in my old school before, except for high jump and triple jump. So that experience really helped me.

**Q: What sports do you like and how did you discover that you like them?**  
 A: I like long jump and triple jump, but mostly I

like doing sports outside RV. I would like to play badminton, karate and gymnastics.

**Q: This is your 1st sports day in RV. How do you feel about it?**  
 A: I am very excited for my 1st sports day in RV.

**Q: What do you do to get better?**  
 A: I compete with people. Maya is my competition in most of the events. I also look upto Ayati in long jump and Samhitha in high jump and 400 m.

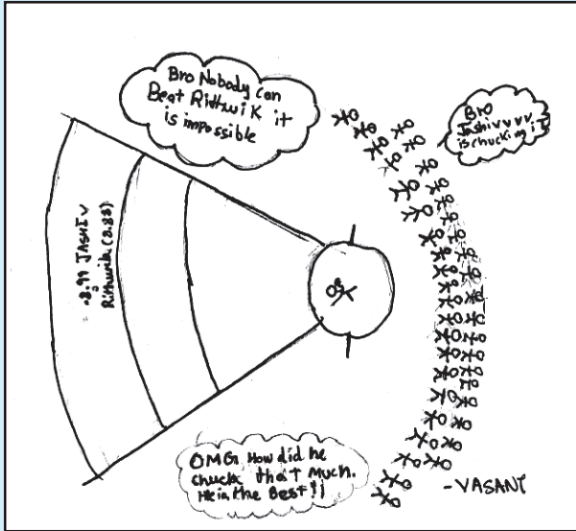
**Q: Have you won any awards related to sports day before coming to RV?**  
 A: I won awards in many fields before coming to RV like medals in 100m sprinting and Karate - specially in sports. I won Kumite awards in Karate which is achieved after fighting an opponent. Kata is also an award won in Karate when you present your skills and the best wind but I haven't won that yet.

**Q: Have there been moments where you've given up? If so, how did you face them?**  
 A: There haven't really been moments when I've given up but I have felt down frequently. When I do, I just try to do what I can and then build upon it.

~Dakshitha, Lashya, and Nysha



## Expectation Vs Reality



As the title suggest there were a lot of expectations for the C Boys Shot Put but the reality was different!! Jayashiv was the expected winner because of his amazing throw of 8.99m in the heats. As the facts state Jayashiv did not make it to podium he was defeted by just 1cm. His arch rival Rithvik came First, Aman came Second and an unexpected winner .... Sreecharan came Third beating Jayashiv by just 1cm. Even though our predictions were wrong it was a nail biting event had a tense atmosphere untill the results were told.

1st	Rithvik Channareddy	8.69m
2nd	Akshat Aman	8.51m
3rd	Sreecharan Chintada	7.95m
4th	S Jayashiv Raju	7.94m

~ Samarth

## Panav Breaks a 37 Year Old Record

### Long Record Broken in Long Jump



After 37 long years the B Boys Long Jump Rcord has been broken!!

This Annual Sports Meet's the first record has been BROKEN by Panav Sisodia from 10th Grade. He flew a distance of 5.76m beating the previous record by 2cm which was made by Dinakar T N in 1985.

Panav was followed by Prakhar who jumped a distance of 5.09m followed by Rehan who jumped a distance of 4.95m

Excitement rent the air as Panav got closer and closer to the record. Panav's third jump was very close but was also the worst. He the executed a wonderful jump at a whopping 5.65 m. Only 0.19 away. He goes flying down and past the record line but alas a bit of his toe has grazed the stick. Prabhakar Sir urges him to make one more attempt and one more attempt. The distance is measured and voila! It is 5.76 and the record is broken.

~ Samarth, Rithvik and Jayashiv

## Sports Insights with Sagai Sir

Q: Can you compare pre-covid sports day to post-covid sports day?

A: Well, the participation levels went down a lot and many students have become unfit and injured. Many students have got post covid effects like asthma and other body illnesses.

Q: Did you have to modify the schedule or anything?

A: Well, yes, we had to remove some of the 'A' girls (11th and 12th) events due to covid.

Q: You studied in RV, correct? Can you compare your sports day to ours?

A: Well, many students used to participate and play no matter the other students they were against, but now I see less participation due to competition! Also the kids use to organize and decorate the field. They only used to hang the banners and such. Decorating it all with flowers and more. In addition, the students used to make a chart of the records by hand. They used to have 1st, 2nd and 3rd as well as world records and olympics. Now students are showing less interest altogether. No student asked me why we aren't going to have drills.

Q: Well, I'm going to ask you now, why don't we have drills?

A: The kids/students showed no interest so I decided there is no point. It was really disappointing.

Q: What are you expecting sir?

A: Maybe seeing this sports day the students, especially girls may overcome their shyness and participate next year.

Q: Sir, do you think any records will be broken?

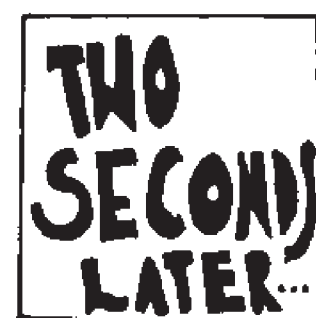
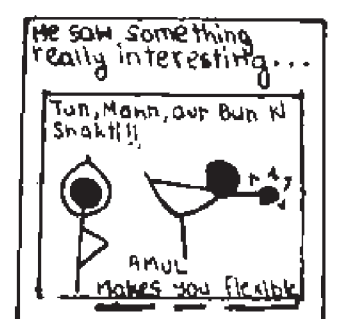
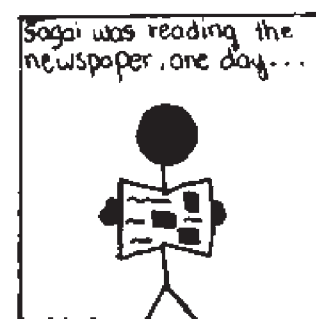
A: Records such as high jump may be broken by people like Shivam but sudden exercises are not enough for people to yet break many records. We'll see.

Q: What are you most excited about?

A: I'm most excited that we'll be having a sports day after all. It's been really a long time.

May be we will see some good participation as well as cheering. Thank you.

Sagai sir has had a long and cherishable history with Rishi valley. He teaches sports here to all classes and even studied in Rishi Valley as a child. He and Reddy Sir organize the events together for sports day. Thanks to his hard work and effort our sports day can be great.



- Janav 8A 3909

~Samhitha, Pari, Rithvik, Praneel



# SPORTS RUSH

## AHA! ANAND!

### Pre Lunch Excitement

The House relays had quite the noise pollution. All the senior hostels participated in this event. The event went on with a lot of cheering, booing and taunting.

The winner from the boys are **DURANTA!!**  
The winner from the girls are **GULMOHAR!!**

After enjoying the race people had a memorable time by dancing and pulling unsuspecting teachers into the crowd. Teachers spotted dancing were Muniba Akka, Nirmala Akka and last but not the least one of our most beloved teachers Tanuj Sir!

*Samarth, Vasant, Rithvik, Mitali.*

**Q: What do you think are the chances of you breaking any records this sports day? You confident?**

A: Umm... well... (intense thinking) ... definitely NOT confident but there are some chances. Maybe in long jump?

**Q: What is the secret to your speed?**

A: Practice, practice, and practice :)

**Q: Tell us frankly... Who do you think are your main competitors, this sports day?**

A: I knew this question would come, but probably Srivar because of his speed, Saayan is really good in triple jump, so him Saayan. Krish and also Suryaveda.

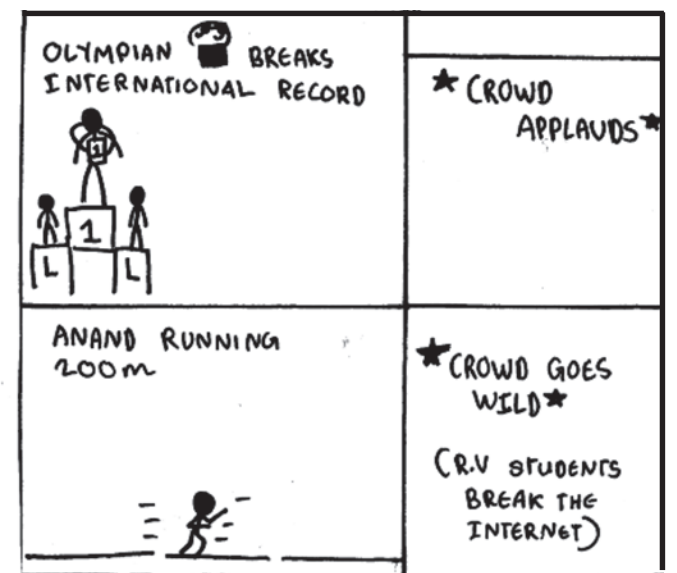
**Q: Ahh.... nice, which event have you most worked on?**

A: Running events and long jump.

**Q: Last but definitely not the least: Since you are one of the fastest people in RV, what difference do you feel when you run with spikes and normal shoes?**

A: OK so, when I'm running/sprinting with normal shoes my start is very poor and I'm not able to reach TOP SPEED in around 3.5 m but with spikes, my start is good, I can reach TOP Speed and plus the grip is better.

~ JANAV, RAGHAV AND RAGHUVVEER



### Maya T Trail

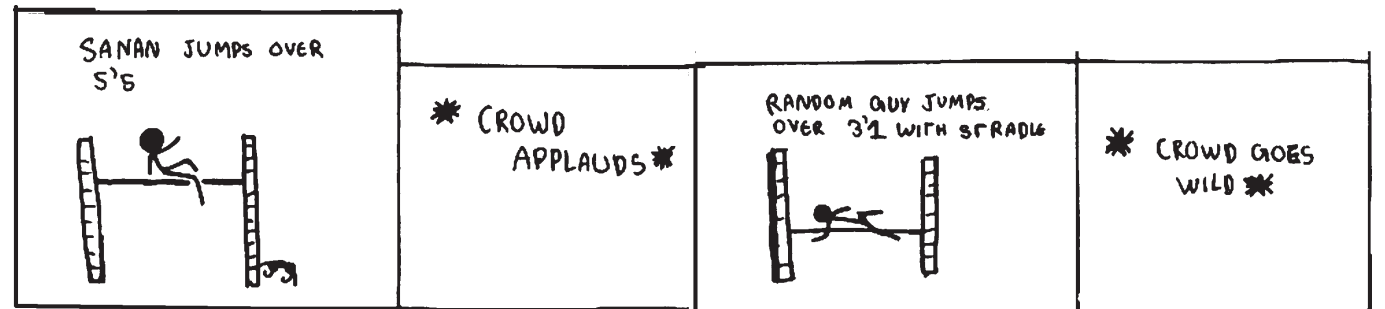
Maya who has joined Class 7 this year has blazed a winning trail. She showed much promise even during the heats and qualified in many events and performed successfully too with many wins under her belt. Here are a few of her favourite things:

**Favourite event:** Jumps because it is fun to keep jumping and trying to break your own record.

**Favourite Sport:** I've always liked sports. I started playing sports when I was 4 years old. My favourite was Karate. Karate teaches you all aspects of sports, agility, flexibility and concentration.

**Favourite Sports person:** My main inspiration is probably Serena Williams. She's broken so many men's records and the way she motivates herself is inspirational. I always try to break my personal records because that's the easiest way for me to improve myself.

*Snehansh, Smruthi, Gowri and Vaanya*



### Likhith a Star Athlete

Likhith despite covid has made a comeback just on time to take part in the sports. As usual he has given a star performance winning place in all the events that he has participated in:

**Q: Which event are you most confident about winning?**

A: I'm confident about all the events apart from 100 m and Cricket Ball Throw since my competition in those two events is very high.

**Q: Do you think you can break any records?**

A: I feel I'll be able to break the 400 m, 800 m, Triple Jump and Obstacle Race records. I might even have a chance in High Jump.

**Q: Who is your role model?**

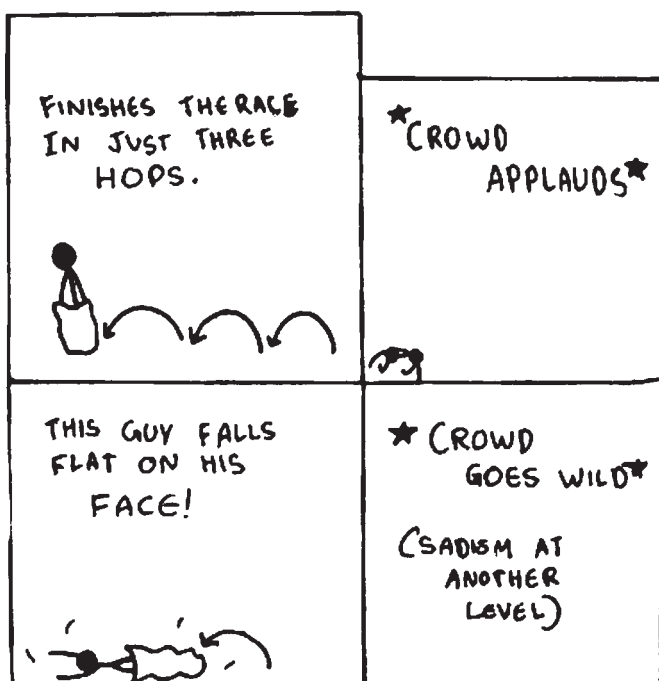
A: It's my dad, since he brought me into sports. Before that I just used to sleep and watch Chota Bheem (Laughs)!

**Q: How do you feel about doing all your events in front of the whole school?**

A: It actually gives me a boost! It makes me really happy and I'm able to perform twice as well as usual.

**Q: Last but not the least, how many times do you think you'll climb the podium?**

A: Everytime.



# SPORTS RUSH



## ACTION REPLAY





# SPORTS RUSH

## ACTION REPLAY



## Winners at a Glance

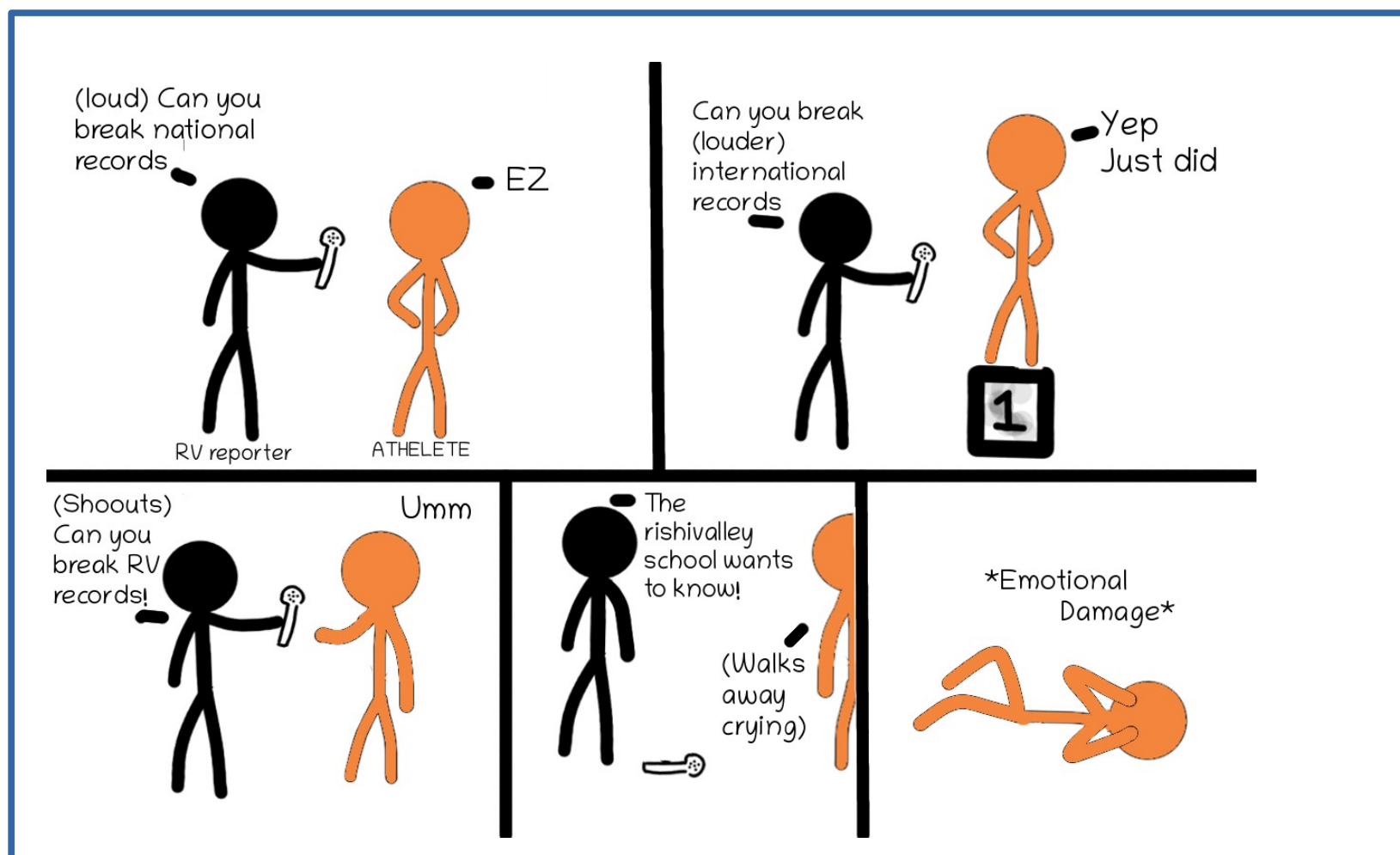
S. No	Events	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
1.	200m run [D Girls]	G.V.L Sahasra 35. 31sec	Saanvi Julakanti 37. 00sec	Srivarshitha Kethireddy 38. 11sec
2.	200m run [D Boys]	G Sai Karthikeya 31. 34sec	Yohaam Malvai 34. 12sec	Sai Arjun Mayakunthala 34. 22sec
3.	200m run [C Girls]	Ada Singh 33. 56sec	Samhitha Kethireddy 34. 13sec	Maya Thyagarajan 34. 43sec
4.	200m run [C Boys]	Thamatam Likhith 30. 21sec	Janav Jain 30. 28sec	Yann Mathai Janvrin 30. 41sec
5.	200m run [B Girls]	Revati Shah 31. 41sec	Jannaa Sritha 31. 56sec	Srisai Prajna Boppana 34. 89sec
6.	200m run [B Boys]	Jatin Reddy Julakanti 26. 34sec	Panav Sisodia 26. 72sec	Rehan Kurian Paulose 27. 93sec
7.	200m run [A Girls]	Manasvini Malik 33. 47	Nhalur Mythri 34. 69sec	Vanshika Bhaniramka 36. 66sec
8.	200m run [A Boys]	Anand Vij 25. 38sec	Sanan V Shankar 26. 31sec	Krish Chhugani 27. 84sec
9.	Discus Throw (1 <sup>1/2</sup> kg) [B Boys]	Adharsh Murali 24. 75m	Nusdan S Lagsdan 23. 55m	Panav Sisodia 18. 80m
10.	Shot Put (12 pounds) [A Boys]	Siddhant Agarwal 9. 11m	Sebastian Jude 8. 37m	Suryavedha Pradhan 8. 33m
11.	Cricket Ball Throw [A Girls]	Mishka Katyayan 41. 02m	Sarayu Bindu 36. 50m	Kamasani Gohitha 34. 13m
12.	Long Jump [D Girls]	Thara Rajkumar 3. 40 m	Saanvi Julakanti 2. 98 m	Aalia 2.74m
13.	High Jump [B Girls]	Medha Reddy Santhapalli 1. 21m	Revati Shah 1. 18m	Aarushi Mahi 1.12m Jaahnavi Maheshwari 1.12m Meda Rhea Reddy 1. 12m
14.	Shot Put (8 Pounds) [C Boys]	Rithvik R Chennareddy 8. 69m	Akshat Aman 8. 51m	Sreecharan Chintada 7. 95m
15.	Long Jump [D Boys]	G Sai Karthikeya 3. 42m	Yohaam Malvai 3. 40m	Samir Topsy Mathew 3. 02m
16.	Triple Jump [C Girls]	Maya Thyagarajan 7. 36m	Ada Singh 7. 30m	Deshna Jain 7. 09m
17.	800 m run [C Boys]	Yann Mathai Janvrin 2:45. 53sec	Thamatam Likhith 2:52. 88sec	Kabir A Sekhsaria 3:300.21sec
18.	800 m run [B Girls]	Jaahnavi Maheshwari 3:05. 44sec	Jannaa Sritha 3:05. 51sec	Yanaa Choudhari 3:18. 78sec
19.	800 m run [B Boys]	Shivam Jha 2:33. 19sec	Adharsh Murali 2:41. 97sec	Kanishk 2:43. 81sec
20.	800 m run [A Boys]	Abhineet Milind More 2:32. 38sec	Arko Guha 2:34. 06sec	Agastya Lewin 2:38. 93sec
21.	Javelin Throw [A Girls]	Mishka Katyayan 24.05 m	Jahnvi Krishna 17.86 m	Sarayu Bindu 16.10 m
22.	Ball Up and Down Relay(25 m)[D Boys]	Team B	Team A	N/A
23.	Triple Jump [D Boys]	Yohaam Malvai 7. 31m	G Sai Karthikeya 7. 28m	Mark Topsy Mathew 6. 75m
24.	Cricket Ball Throw [B Girls]	Tanvi Jain 37. 42m	Medha R Santhapalli 35. 25m	Jaahnavi Maheshwari 34. 65m
25.	Long Jump [B Boys]	Panav Sisodia 5.76m (Record)	Prakhar Agarwal 5.09m	Rehan Paulose 4.95m
26.	High Jump [C Girls]	Maya Thyagarajan 1. 16m	Ada Singh 1. 13m	Samhitha Kethireddy 1. 08m
27.	Triple Jump [C Boys]	Thamatam Likhith 9. 72m	Janav Jain 9. 10m	G S Kartikeya 8. 63m
28.	Discus Throw 2 Kg [A Boys]	Naman Narla 21. 30m (Record Set)	Anand Vij 20. 70m	Nirad M Mokashi 19. 56m
29.	Triple Jump [D Girls]	Thara Rajkumar 6. 12m	Saanvi Julakanti 6. 11m	Aalaa Z Kareemkhan 5. 33m Unnati Yogesh Bakliwal 5. 33m
30.	High Jump [A Girls]	Mishka Katyayan 1. 16m	Shrinidhi Jaiswal 1.00m Manasvini Malik 1. 00m	Class 9:Induvadana,Sritha,
31.	4x200 Relay Classes 9, 10, 11, 12	Class 10: Panav,Aarushi,Revati,Jatin	Class 12:Anand,Srivar,Mishka, Manasvini	Adithya, Lagsdan
32.	Sack Race 25 m [BGirls]	Janna Sritha 8. 81sec	Aahana Gupta 10. 35sec	Anamika Sen Thomas 11. 06sec
33.	Sack Race 25 m [A Girls]	Mishka Katyayan 10.40sec	Hiya Pais 11. 56sec	Maya Achaia 11.67sec
34.	Sack Race 25 m [B Boys]	Adithya Rajendran 9. 94sec	Amartya Dubey 10. 37sec	Jatin Reddy 10. 69sec
35.	Sack Race 25 m [A Boys]	Arav Walia Allavaru 8. 12sec	Abhineet Milind More 8. 90sec	Arko Guha 9. 69sec
36.	3 Legged Race 50 m [ C Girls]	Vaanya & Smruthi 10.03 sec	Ayati & Nysha 10.04 sec	Ahana Anumolu & Ananya Sharedalal 10.9 sec
37.	3 Legged Race 50 m [B Girls]	Juneili & Yanaa 9.34 sec	Ira & Nidhi 10.03 sec	Aahana & Meenakshi 10.38 sec
38.	3 Legged Race 50 m [B Boys]	Panav & Lagsdan 8. 69sec	Dhruv & Tejas 9. 41sec	Adhitya & Mrityunjay 12. 06sec
39.	3 Legged Race 50 m [A Girls]	Vanshika & Jahnvi 10. 38sec	Manasvini & Ananya 10. 41sec	Niya & Ritisha 12. 91sec
40.	3 Legged Race 50 m [A Boys]	Suryavedha & Krish 7. 41sec (Record)	Jayesh & Arko 8. 56sec	Manan & Arjun 8. 87sec
41.	3 Legged Race 50 m [C Boys]	Janav & Sreecharan 9. 37sec	Likhith & Neil 9. 60sec	Vasant & Samarth 10. 37sec
42.	Triple Jump [A boys]	Anand Vij 11.10m	Krish Chhugani 10.83m	Prahasit Nallamothu 10.66m
43.	Triple Jump [B boys]	Panav Sisodia 11.15m	Jatin Reddy Julakanti 11.02m	Prakhar Agarwal 10.53m
44.	Long Jump [C Boys]	Thamatam Likhith 4.27m	Janav Jain 4.07m	Neil Nadella 3.88m
45.	Cricket Ball Throw [D Girls]	Rianna Meel 26. 22m	Thara Rajkumar 25. 28m	Upasana Lanka 20. 23m
46.	1500 m Run [A+B Girls]	Jaahnavi Maheshwari 6:39.91sec	Gowri Vivek 7:28. 09sec	Anamika Sen Thomas 7:42.12sec
47.	5000m Run [A +B Boys]	Shivam Jha 22:21. 34sec	Saayan Prasad 23:09. 53sec	Mrityunjay U S 23:57. 09sec

***Tug of War and the Winners Are The Teachers***



## Records at a Glance

S.No	Event	Old Record	Year	New Record 2022
1	Steeple Chase	--	--	Sarayu Bindu 17.40 min
2	Discus Throw (Without Spinning ) A Girls	--	--	Mishka Katyayan 20.62m
3	Long Jump B Boys	Dinakar T N 5.74 m	1985	Panav Sisodia 5.76 m
4	Discus Throw (Without Spinning ) A Boys	--	--	Naman Narla 21.30 m
5	Three leged A Boys	Devdarshan Bastola and Samvit Sengupta 7.56 sec	2014	Suryaveda Pradhan and Krish Chhugani 7.41 sec



Today's Edition of the tabloid SPORTS RUSH is brought to you by:

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