

Rafflesia Sporty

News Letter (For Internal Circulation Only)

Kapil Dev

Aug-Sep | Issue : 13

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KAPIL DEV – A LEGEND



A meeting with a legend and a DAV alumni, Kapil Dev on 07, Sep, 10 was an important achievement. A team of twenty two children led by the Principal, Dr V Singh interacted with the great man for about forty five minutes. The meeting was very informative and educative. Mr Kapil Dev motivated the students to live a quality life and become a responsible citizen of this country. Here are the excerpts of the meeting with the legend.

Vaibhav, "Sir, Your knock of 175 not out against Zimbabwe during the World Cup 1983, is a great source of inspiration to all of us. What was going in your mind when you walked in to bat on that fate full day?"

Kapil Dev, " Well I do one thing at a time and never think too much about the future. When I have a bat in my hand I just think about the ball and as to how to score off it. When I have the ball in my hand, I just concentrate on how to get the batsman out. One should concentrate on one thing at a time and keep your life simple. When you are in classroom, concentrate on studies. Don't let your mind wander to the play field. Similarly, while in the play field, don't worry about the studies. Focus is the most important thing in life.

The inning that you mentioned is definitely one of the finest of my life but frankly speaking, I had no major plans to make it big, it just happened to be by the key word FOCUS."

Akhilesh, "Sir, what according to you are the qualities required for a good performer?"

Kapil Dev, "If you want to give result based performance, then discipline and dedication are the key words. A successful sportsman needs to be disciplined and passionate about his job. The pressures are certainly high in international sports but to be a good performer one needs to be disciplined and dedicated to the job in hand."

Mr. Om veer, "Sir, we see plenty of players plagued with frequent injuries these days. Is it because of the hectic cricketing schedule or is it because the present generations of sportsmen are not tough enough?"

Kapil Dev, " Well yes, definitely the hectic cricketing schedule is to be blamed for it partially but still the issues of training and toughening up cannot be ignored. You have to work hard and train yourself well. For example, I have cut woods in my young days to strengthen my shoulders. We, the older generation of players have struggled our way up from humble backgrounds. Players who have not spent enough time training or toughening up will be more prone to injuries."

Ritu Rana, "Sir, what is your advice on the curriculum to be followed for effective training?"

Kapil Dev, " The training or the practice requires lots of discipline and hard work. I believe that one should train alone, stay focused and do it seriously. When one is training alone as a religion, one is working selflessly to achieve one's dreams and the chances of him/her staying focused is more."

Cont... on page 9

Skating



Roller skating is the traveling on smooth surfaces with roller skates. It is a form of recreation as well as a sport, and can also be a form of transportation.



"DAVians on the roll"

Basketball



Basketball is a team sport in which two teams of five players try to score points by throwing or "shooting" a ball through the top of a basketball hoop while following a set of rules. Basketball is one of the most popular and widely viewed sports in the world.



"Hoopsters- Higher and Faster"

Lawn Tennis



Tennis is a sport usually played between two players (singles) or between two teams of two players each (doubles). Each player uses a racquet that is strung to strike a hollow rubber ball covered with felt over a net into the opponent's court.



"DAVians all the way, the budding Leander Paes and Sania Mirza"

Table Tennis



Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight, hollow ball back and forth with rackets.



"You cant touch this-faster and sharper"

Roller Hockey



Roller Hockey is a form of hockey played on a dry surface using skates with wheels. There is traditional "Roller Hockey," played with quad roller skates, and "Inline Hockey", played with inline skates.



" Non-stop pure commitment, drive and demand for excellence"

Foot Ball



The game of football is any of several similar team sports, of similar origins which involve, to varying degrees, kicking a ball with the foot in an attempt to score a goal.



"A test of stamina and skills"

KhoKho



KhoKho is an Indian sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. KhoKho and Kabaddi, in spite of popular misconception, are not the same.



" It isnt as simple as it appears. Demands agility of a leopard"

Hockey



Hockey refers to a family of sports in which two teams play against each other by trying to maneuver a ball, or a puck, into the opponent's goal, using a hockey stick.



"Our national game, Chak de India"

Role of outdoor games in our life

In today's global world, the recent reports was like a wakeup call. Children today are becoming lazy and disease prone. Parents and teachers are at their wits end, how to wean the children away from the menace of television, computer and video games. These days, it's a rare sight to see the children playing outdoor games that could keep them fit, healthy and happy.

Television programmes, channel surfing, video games are playing havoc with the health of the children. They are becoming couch potatoes. The sedentary life style has made them lethargic and prone to illness. Health is in our own hands. We must realise this and choose active lifestyle, games, running in fact being out in open is good for health. Our minds are refreshed and we go back to our books with renewed energy. The eyes are relaxed. Taking deep breath of fresh air helps us to release tension and anxiety.

A healthy body is able to concentrate more and better. Nature and fresh air combined with physical activity is a natural healer. No longer we will need doctors and be a better student, As said – "A healthy mind resides in a healthy body"

By Shivani Kasana
XII-B

Chess



Chess is a board game played between two players. It is played on a chessboard, which is a square-checked board with 64 squares arranged in an eight-by-eight grid.



"All sports require brains, specially this one"

By Shivani Gupta XII -A

Cricket



Cricket is a bat-and-ball team sport. A game (or match) is contested between two teams of eleven players each. One team bats, and will try to score as many runs as possible while the other team bowls and fields, trying to dismiss the batsmen and thus limit the runs scored by the batting team.



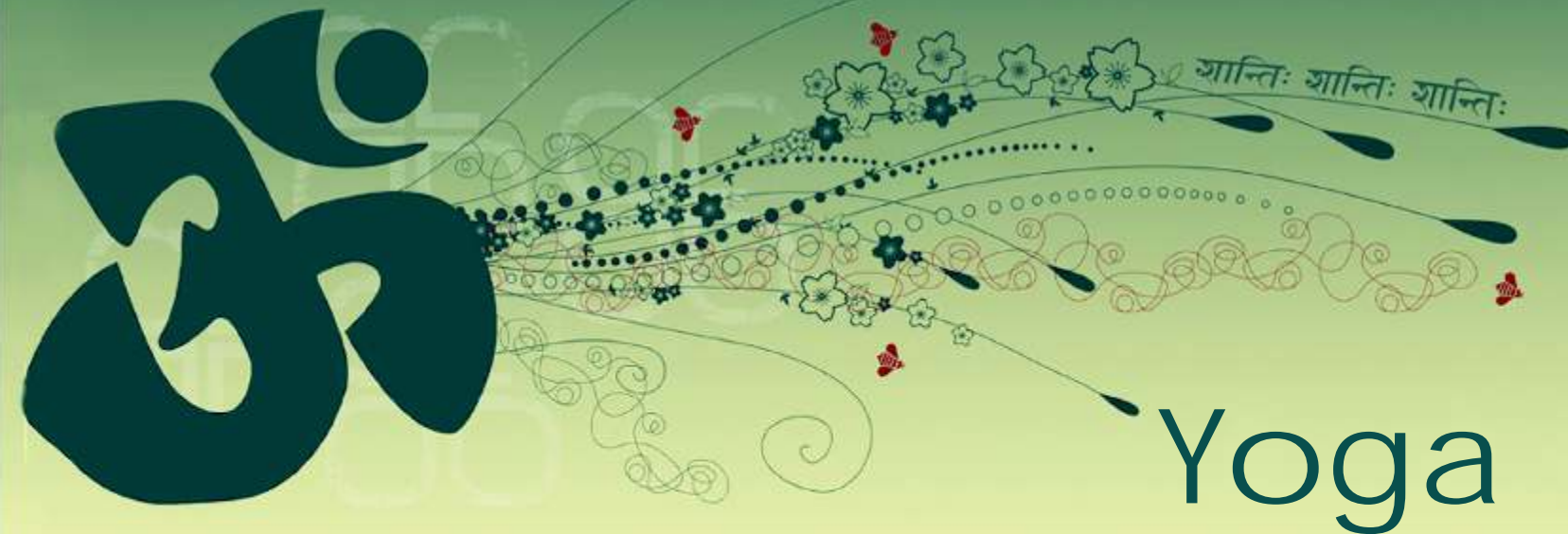
"Davians on the right track - Cricket"

Importance of sports

Needless to say, the excellence of human mind depends on how well fed and healthy the entire body is. In such stressful, hectic and sprinting lives, people; even children are disinclined towards the physical exercises, therefore, arises the need for a stimulator which can entertain as well as keep us healthy. But, what is it? The answer is simple- 'sports and games'.

The games, especially outdoor ones are of much significance to growing children. Apart from giving them excellent leisure, they help them to inculcate several other important traits like sportsman spirit, leadership, team spirit qualities and enhanced tolerance, endurance, and stamina. Scientifically too, they are indeed the best way to keep your body systems running fluently by ensuring proper growth of body, Proper skeletal development and keeping away from diseases and keeping ourselves vitalized throughout the life. Moreover, sports are not merely means of leisure or recreation; they can also be professions of passionate, hard working and zealous people who can truly achieve their success and international fame in sports as their field of interest.

On macro level, it can be said that sports define society in a way. The people, for ex- in India are crazy about cricket which has proportions ranging from nook and corners of streets to international matches in stadiums. This has helped a lot in national integration as a bond devoid of any disparity, replete with passion of similar sense. Therefore, importance of sports in our lives, society, nation and indeed world! Is certainly undeniable, rather well evident.



The science of yoga has always been dedicated to the physical, mental and spiritual health of mankind. Yoga is not new; it has been with us right through the ages. Yoga is by all standards and definitions a universal science. Through the practices of yoga energies are balanced and regulated, the chakras and the whole body are purified, and a state of union, harmony and peace is achieved.

In yoga one should first practice the 'shatkarmas', the six method of physical purification. These techniques are an important means of improving a weak digestive capacity. After this do the 'asanas'. There are postures or positions of the body. The asanas do correct spine, strengthen stretch muscles and improve blood circulation. This allows greater flexibility of movements and enjoyments of the body. Next comes 'pranayama' the science of breathing process. By the practice of this the energy in the physical body is recharged. Practice improves respiratory and heart function and increases energy. After this do relaxation, focuses on the mid brain through guided awareness of body and breath. This alleviates deep mental stress leaving us refreshed positive and clear headed. At last do the meditation, this regulates subtle brain wave activity and reduces physical tension. This induces calmness, inner peace, clarity of perception.

So one may achieve the health through practices of hatha yoga, asanas, pranayama, right living and right diet and the mind has to be peaceful, tranquil and full of ananda. These are the principles of yoga, so devote a few minutes every day to the practice of yoga postures and little time to yogic relaxation.

Madhu Malhotra
(Yoga Teacher)





Gurpreet Singh XI - D (Foot Ball)
M.H.A.R.T Zonal Gold
M.H.R. Inter Zonal Participation
Meerut Region Represent for U. 19 yr
U.P. State Football Championship (2009)



Rohit Pawar XII - D
M.H.R.T.A Zonal - Kabbadi 2009 Ist
M.H.R.T.A Inter Zonal - Kabbadi 2009 IIInd



Akhilesh Bhatt
Out Standing in Basket Ball
MHRTA Zonal IIInd



Meera Ragan XI - E (Table Tennis)
MHRATA Ist



Lakshay Seth IX - A
M.H.R.T.A Zonal
Athletics 100M Ist, 200M Ist
Long Jump IIInd



Dhruv Singh IX - E (Skating)
C.B.S.E East Zone
Time Trail 300M (V-16) In line Ist
Road Race 5000M (V-16) Ist



Vaibhav Pandit XI - C
M.H.A.R.T Zonal 400M Ist | 800M IIInd
High Jump Ist
M.H.A.R.T Inter Zonal 400M IIIrd
High Jump IIIrd

**"The harder I seem to work,
the less game of luck I witness..."**

In school's games arena there have been several exceptional players who have outcrossed the conventional boundaries with their zeal and passion for sports. Vaibhav Pandit of XII-A has yet been another feather in the cap who has personified endurance and fervour of sportsmanship with his ever expanding medallion and laurels from over years, carving a unique niche for himself. Moreover, he articulates humane and righteous attributes adding significantly to his individuality. His perseverance, dedication and skill has enabled him to triumph in myriad of sports ranging from athletics, kho-kho, football, cricket etc. making him an achiever at several levels from district, state and national too. His major achievements include two gold medals at All India Mahatma Hansraj Tournament, several golds at state level CBSE Cluster categorically in athletics and Kho-Kho, besides, eighteen other medals and accolades for other sports. Pertaining to the virtues he has inculcated; effort he has made to mark his individuality; and the prestige of the school which he has upheld, we wish him all the very best for his each and every endeavour in future life in whatsoever domain he chooses to be.



Avnish Singh Dhaka VIII - D
M.H.R.T.A Kho - Kho IIInd (2008)
M.H.R.T.A Kho - Kho Ist (2009)
M.H.R.T.A Athletics 400M Ist (2009)



Mahi VIII - B (Skating)
C.B.S.E East Zone
Road Race Ist
Road Race IIIrd



Raghvendra Tiwari XII - E
C.B.S.E Kho-Kho National IIIrd
C.B.S.E Hockey - National Participation
Athletics MHRTA 200M IIInd 100M IIIrd
Long Jump IIInd



Arpit Taneja XII - C
C.B.S.E Kho-Kho Cluster National IIIrd
C.B.S.E Hockey - National Participation



Richa Mathur XI - E (Table Tennis)
MHRATA Ist
C.B.S.E Cluster IIIrd



Astha XII - D
M.H.R.T.A Zona - Kho-Khol Ist
C.B.S.E Cluster IIIrd



Krishna Anthony Singh XI - G (Foot Ball)
M.H.A.R.T Zonal Gold
M.H.R. Inter Zonal Participation (Patna)
Meerut Region Represent for U. 19 yr
U.P. State Football Championship (2009)

Mahatma Hansraj Tournament - The Game, the Legacy



1st Place in Kho-Kho M.H.A.R.T Kashipur



C.B.S.E Cluster III held in Nainital Kho-Kho Girls IIIrd Place



1st Place Junior Kho-Kho M.H.R.T Kashipur

Akash, "Sir, with sports industry growing stupendously now-a-days Sports manager are equally good or even better in some cases than the CEOs of multinational companies. Do you think Sports can be pursued as a full time career option in India?"

Kapil Dev, "Well, Sports has still a long way to go in a country like India. It has certain advantages as well as limitations. One has to strike a healthy balance with sports and education in one's life. All the sports persons have limited careers because of the limitation of human body. We all have to age and give up active sports at some point of time. Education along with sports is an important issue. When one retires from active sports, one has to look for a second career option. In the cricket fraternity, you find so many players like Sunil Gavaskar and Ravi Shastri become a successful commentator. Needless to say, even if you are a professional sports person, good education will always be an asset or a powerful weapon in your armory."



*****Energising Indian Sports*****



*****Budding talent*****

Ayush, "Sir, What is the important lesson of life you have learnt being a sports person?"

Kapil Dev, "Sports teaches you a lot. It teaches you to be mentally tough, physically strong and morally straight. It has taught me to handle pressure with ease. It has taught me to be able to concentrate hard during high pressure situations. It taught me that I can never fail in my life provided I am focused intensely on my goal. When I used to go in to bat or bowl at Eden Gardens with hundred thousand fans screaming, I used to just focus on the job at hand. A blind person's focus is indeed appreciable as he is able to do so without any visual clues. Sports simply taught me to be mentally tough."

Arjun, "Sir, is it important to be a good athlete to be able to play good cricket?"

Kapil Dev, "Athletics is the basics of any sports. Good athletes are able to move around quickly in the field and are an asset to the team. Players like Azharuddin, Jonty Rodes and Ajay Jadeja were better players because they were good athletes. Cricket has become very competitive these days and being a good athlete definitely helps the team's cause."

Closing Address:

In his closing address, Mr Kapil Dev advised the young DAV students to believe in themselves and to strive to achieve their dreams. He urged us to recognize the available opportunities around us and grab them as they come our way. He advised us to be passionate about sports and to aim to be a good citizen of this country when we grow up. He brought out as to how lucky we were to be born in a country like India and what potential it has in near future. India, the emerging economic giant will be a force to reckon with in the next 10 years. He motivated us by saying that the future of the country lies on our tender shoulders and how we need to take our country to greater heights.





Sport Category
Basket Ball
Football
Hockey
Chess
Table Tennis
Lawn Tennis

Famous International Players
Magic Johnson
Christiano Ronaldo
Dhanraj Pillai
Vishwanathan Anand
Ai Fukuhara
Roger Federer

DAV's Stars
Akhilesh Bhatt
Krishna A Singh
Sagar
K. Siddharth
Akshansh/Snigdha

What to do...

At the age of eight
I developed love for cricket
I Thought I could become a cricketer
But later I realized
Bats and balls were not my matter
I can be a better engineer
Just like my dad
With the respect and position I had
I thought I was genius enough
As I grew up things started getting tough
Studying was no longer easy and fun
Now I couldn't study without the gunpoint
of the approaching exams
Then I tried my artistic skills
And thought of becoming an artist
and paint the sky and the hills
But all I got was spilled colours
And stained clothes



Then the love for cars rose
With Car Magazines all over my rack
I thought of making it to the race track
But dad won't allow me driving before eighteen
So I had to decide something in between
A practical job and a racer
So I decided to become a car designer
After so much thinking I couldn't figure out
What Am I gonna do after class 12th pass out
No spirit, No dedication, No aim
Just thinking of love, money and fame
Dunno what course the life will take
Oh I am so sick of it
please give me a break .. !!!



By - Divyansh Chandola

XII - A

Result at Glance

Inter House Kho - Kho & Chess Tournament Results 2010-11

Class VIII to XII (Boys & Girls)

Kho - Kho

- 1. Bhagat Singh House (Boys) Ist
- 2. Hansraj House (Boys) IIInd
- 3. Bhagat Singh (Girls) Ist
- 4. Tagore House (Girls) IIInd

Chess

- 1. Jawahar House (Boys) Ist
- 2. Gandhi House (Boys) IIInd
- 3. Dayanand House (Girls) Ist
- 4. Hansraj House (Girls) IIInd



Class V to VII (Boys & Girls)

Kho - Kho

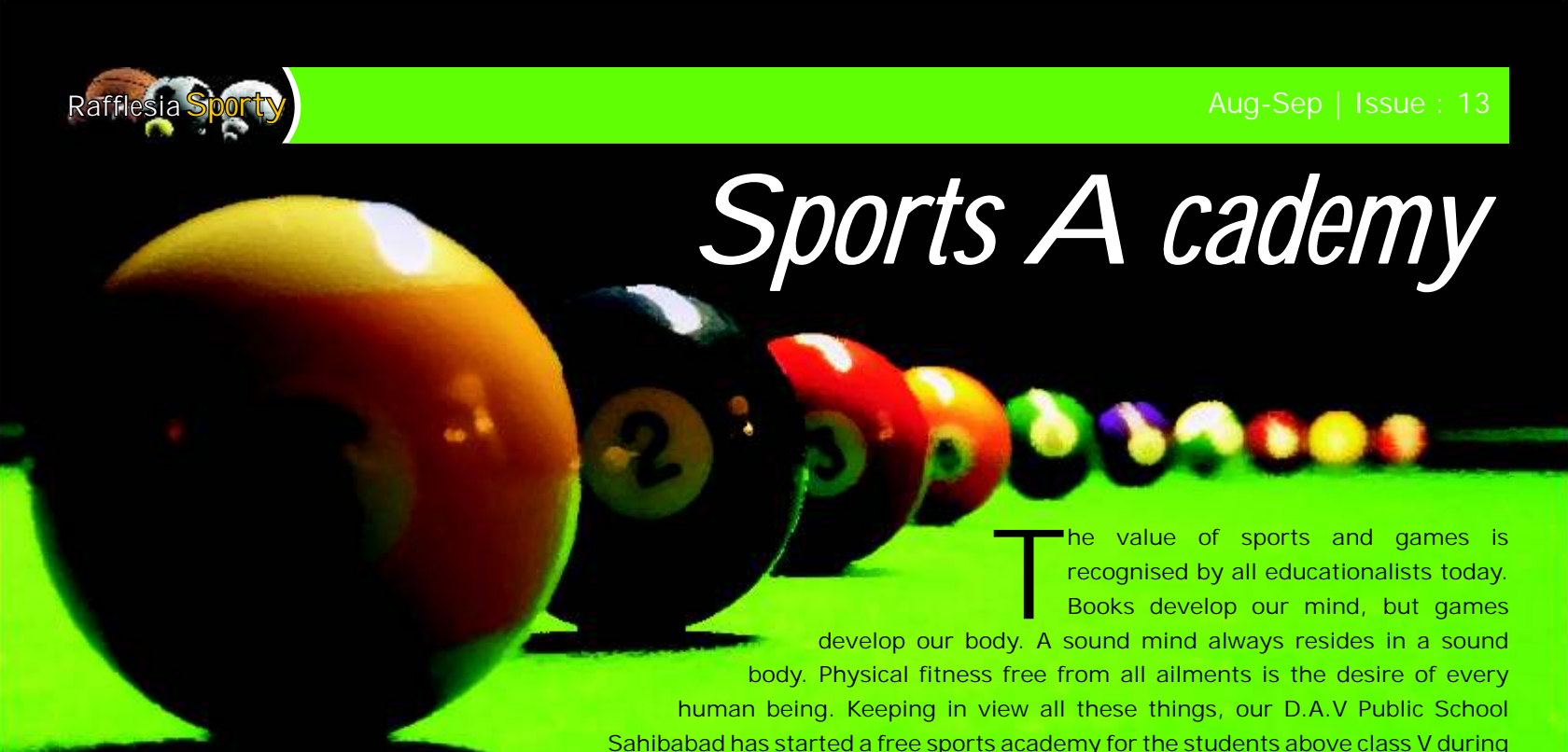
- 1. Bhagat Singh House (Boys) Ist
- 2. Hansraj House (Boys) IIInd
- 3. Gandhi House (Girls) Ist
- 4. Jawahar House (Girls) IIInd

Chess

- 1. Hansraj House (Boys) Ist
- 2. Gandhi House (Boys) IIInd
- 3. Hansraj House (Girls) Ist
- 4. Gandhi House (Girls) IIInd



Sports Academy



The value of sports and games is recognised by all educationalists today. Books develop our mind, but games develop our body. A sound mind always resides in a sound body. Physical fitness free from all ailments is the desire of every human being. Keeping in view all these things, our D.A.V Public School Sahibabad has started a free sports academy for the students above class V during evening. Special coaches trained in different sports are called to coach the students at the level of perfection. The games include- Cricket academy, Basketball, Table Tennis, Lawn Tennis, Chess, Football, and Hockey. Games have a great recreational value also. They provide freshness to the minds of the students after their cliché routine work. In the playground, they forget all their worries and tensions of their hectic and monotonous schedule and enjoy themselves.

Besides this, games and sports inculcate in them a spirit of sportsmanship, honesty, punctuality, regularity of habits, team spirit leadership qualities and obedience. They provide a good training for playing the game of life in a sportsman's spirit.

So, this academy is running at greater heights of success coaching the students excellently in their sports.

By Deeraj Nim XII-B

Sports

Basketball

Hockey

Table tennis

Football

Lawn Tennis

Cricket

Skating

Coach

Mr. Ram Kinkar Sharma

Mrs. Sonia

Mr. Vipin Kaushik

Mr. Naresh Kumar

Mr. Sanjay

Mr. Sudhir Singh Sishodia

Mr. Shekhar

Timings :- MONDAY, WEDNESDAY AND FRIDAY 4:00 PM to 6:00 PM

