



Bal Bharati PUBLIC SCHOOL

Sector-12, Dwarka

SPORTS NEWSLETTER



"Sports build good habits, confidence and discipline, make players into community leaders and teach them how to strive for a goal, handle mistakes and cherish growth opportunities."

~[Julie Foudy]

Sports education is integral to the holistic development of children. Active involvement in sports and athletic games not only enables students to realise their physical strength and discover their true potentialities but also aids their mental and socio-emotional growth. As they display their prowess in the field, children master essential life skills such as leadership skills, collaboration, communication and resilience. A rigorous physical education program is therefore at the heart of education at BBPS, Dwarka. We aim to provide each child with the best possible facilities and opportunities to hone their sporting talent and emerge as accomplished sportspersons. A state-of-the-art infrastructure, supplemented by training from experienced coaches and professionals in the field and varied scholarships and incentives, has allowed our students to flourish in distinctive fields ranging from Judo to Rope Skipping, Chess, Skating, Cricket and innumerable other games. Our budding sports stars have proved to be valuable assets to the country by winning luminous laurels at national and international platforms. We continue to be imbued with immense pride at their herculean efforts and momentous accomplishments.

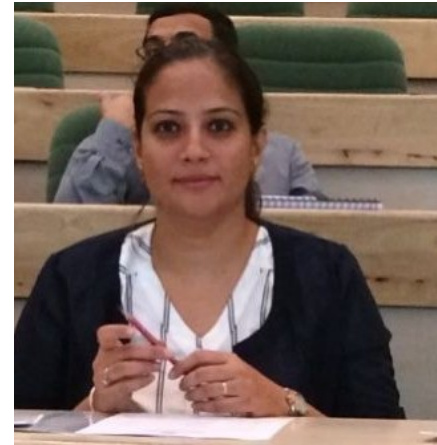
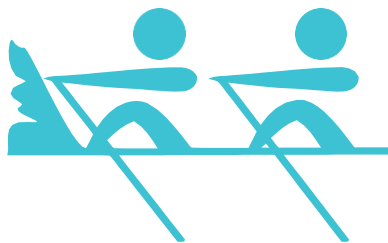


(Suruchi Gandhi)

PRINCIPAL

“Champions are made from something they have deep inside them – a desire, a dream, a vision.”

~MUHAMMAD ALI



As sports educators and facilitators, we derive the greatest satisfaction and joy in witnessing our children’s prodigious flights towards success. Watching them harness the inner most reservoirs of physical and mental force and emerging as victors in the most challenging spheres of games as well as life, instils in us the vigour and enthusiasm to provide wings to the dreams of thousand others by offering suitable avenues for their individual growth. Our students are given a platform to explore their talents through multiple workshops, seminars and domestic and global tournaments. Time and again our learners have made us proud by proving their mettle and conquering all odds. This newsletter is an ode to the inspiring determination and wondrous zeal of our shining sportstars.

(Richa Tuli)

PGT PHYSICAL EDUCATION

Bal Bharati Public School, Dwarka

Total number of medals

INTERNATIONAL: 15

NATIONAL : 380

STATE :553

NATIONAL & STATE LAURELS

ROPE SKIPPING National: 199 Medals State: 206 Medals	JUDO National: 95 Medals State: 130 Medals	SWIMMING National: 15 Medals State: 69 Medals	TAEKWONDO National: 16 Medals State: 10 Medals
SKATING National: 35 Medals State: 89 Medals	BADMINTON National: 16 Medals State: 10 Medals	TANG-SOO-DO National: 16 Medals State: 10 Medals	CHESS National: 2 Medals State: 9 Medals
BASKETBALL National: 4 Medals	ATHELETICS State: 10 Medals	THANG-TA National: 2 Medals	CRICKET National: 3 Medals State: 2 Medals

INTERNATIONAL LAURELS

SKIPPING (JAPAN)

16 students participated in the International Rope Skipping Championship which was held at Japan.

SKIPPING (DUBAI)

Our team won 5 Gold Medals at Rope Skipping Championship held at Dubai.

INTERNATIONAL LAURELS

JUDO

Rahul Solanki won Gold medal at the Commonwealth Judo Championship held at Jaipur.



CHESS

Harshit Pawar won Rs. 1 Lakh cash prize at Goa International Chess Championship



INTERNATIONAL LAURELS

KARATE

Agampreet won 2 Gold medals at India-Srilanka Karate Championship, held at Srilanka and won Silver medal in 9th South Asia Karate Championship.



TAEKWONDO

Saksham Mahajan won Silver medal 5th Heroes Taekwondo International Championship held at Bangkok.



INTERNATIONAL LAURELS

BASKETBALL

Siddhant Srinivas was a proud participant at AAU International Basketball Championship at Orlando.



KARATE

Saksham Mahajan won Gold medal at the 19th Milo International Karate Championship held at Kuala-lumpur , Malaysia.



CBSE NATIONAL ROPE SKIPPING CHAMPIONSHIPS

For the fourth year in succession, BBPS Dwarka was honoured with overall CBSE National Rope Skipping Championship 2019 Trophy. BBPS Dwarka bagged this championship after competing with the players from 125 schools from all over India.



RISING SPORTS STARS

INDIA BOOK OF RECORDS

Niya Nandini



Niya Nandini earned a meritorious place in the prestigious India Book of Records 2021 after displaying exemplary prowess in the challenging field of rope skipping. She successfully set a tremendous, nation wide record of performing the maximum rope skipping variations in 30 seconds. Niya Nandini accomplished the astonishing feat at the tender age of 12 and has been bestowed with an honorary certificate, along with a medal, a gold plated pen and other goodies, in recognition of her dazzling talent. She has also been a record holder in the Delhi Book of Records and has brought numerous laurels and accolades to the school.

For the display of their exemplary talent and skills, a number of our students have been awarded with prestigious state scholarships.

SPORTS SCHOLARSHIPS

Sports stars of our school bagged national level scholarships from Govt. of Delhi for commendable performance.

Total Cash Incentive won
11,19,000/-
 (Eleven Lakhs nineteen thousand)



IRA YADAV

TOTAL CASH INCENTIVE WON
2,90,000/-



Ira Yadav received a scholarship of Rs. 290000 from the Delhi Govt. under the scheme, 'Play and Progress' for securing the Second Position in Delhi Interzonal competition. The Scholarship was conferred by the Deputy Chief Minister of Delhi, Mr. Manish Sisodia in the felicitation ceremony that was at Chhatrasal stadium.

DISTINGUISHED MENTORS



State Teachers Award 2021



Ms. Richa Tuli, PGT Physical Education, was conferred with the Delhi State Teachers Award by the Deputy Chief Minister and Education Minister of Delhi, Mr. Manish Sisodia on the occasion of Teachers Day. She was one of the 122 educators from all over the state to have accrued the notable distinction. Her commitment towards providing national and global opportunities to budding sports persons of the country earned her the esteemed honour.



DELHI BOOK OF RECORDS 2021 (ROPE SKIPPING)

Mr. Vivek Soni, Rope Skipping Coach, added another feather to his cap by acquiring a momentous place in the Delhi Book of Records 2021, after displaying exemplary prowess in the field. He accomplished the feat by performing 100 single bounce jumps in one minute using an iron rope. He has earned several distinguished national and international laurels and is a masterful sportsman.



FIT INDIA AMBASSADOR

Mr Vivek Soni, Rope Skipping Coach, has also been honoured with the title of 'Fit India Ambassador', by Ministry of Youth Affairs and Sports in Khelo India-Fit India Mission



THE DAZZLING AURA OF SPORTS DIGNITARIES

Various sports personages have graced the school with their rousing presence. Accomplished sportsmen and athletes in their respective fields have left an indelible imprint on the minds and hearts of our young students with their actions, demeanour and motivating words of wisdom. Their labour, commitment and toil encouraged the learners to strive for excellence and emulate their achievements.



AJAY JADEJA
(Indian Cricketer)



ASHISH NEHRA
(Indian Cricketer)



MAHABALI SATPAL
(Dronacharya
Awardee, Wrestling)



JOGINDER DALAL
(Indian Kabbadi Coach)



Anjum Chopra
(Indian Cricketer)



GURUCHARAN GOGI
(Dronacharya
Awardee, Judo)



SUMAN SHOKIN
(Indian
Kabbadi Player)



ACP VIJAY PAL TOMAR
(International Medallist
in Pole Vault)

TOURNAMENTS ORGANISED

Students are provided meaningful platforms to polish their tremendous sporting skills through interschool competitions organised periodically. The school, in association with reputed organisations such as Special Olympics Bharat and Physical Education Foundation of India (PEFI), endeavours to promote an atmosphere of inclusivity, collaboration and inner growth.



VIRTUAL UNIFIED ROPE SKIPPING CHAMPIONSHIP-VOL.2

Adding an international dimension to the exciting sport of Rope Skipping, under the aegis of Special Olympics Bharat, the school organized Virtual Unified Rope Skipping Championship Vol.2. The event garnered an enthusiastic response from all over the world, with as many as 12 countries and 50 schools registering their presence. 130 students from diverse nations such as Australia, United Kingdom, Canada, Brazil, Taiwan, South Korea, Abu Dhabi, Kuwait, Cameroon, Nepal and Bangladesh exhibited their sporting talent.



CBSE INTERSCHOOL ZONAL JUDO COMPETITION

The school hosted CBSE Interschool Zonal Judo Competition. The event witnessed participation of 381 students from 60 schools across the state. The matches were played by both boys and girls under various age and weight categories. Mr. P.K Tripathi, Chairman, Public Grievance Commission, and Mr. Guru Charan Gogi, Dronacharya Awardee in Judo, graced the occasion as chief guests.



ZONAL INTER SCHOOL ROPE SKIPPING COMPETITION

The event witnessed competition amongst 350 students from around 40 schools within Zone 21. Ms. Tombi Devi, Arjun Awardee and ACP Mr. Vijay Pal Tomar, International Medalist in Pole Vault graced the occasion as the chief guests.



TOURNAMENTS ORGANISED



VIRTUAL UNIFIED ROPE SKIPPING CHAMPIONSHIP VOL.1

Under the aegis of Special Olympics Bharat Delhi, the school organized the Virtual Unified Rope Skipping Championship-2021. 30 schools from all over Delhi, including special schools, registered their enthusiastic presence in the event. 78 students with intellectual disability displayed their prowess in the challenging sport of rope skipping, while being paired with students without intellectual disability.

BAL BHARATI INTER-SCHOOL ONLINE ROPE SKIPPING COMPETITION 2021



BAL BHARATI INTER SCHOOL ONLINE ROPE SKIPPING COMPETITION

To revive the importance of sports and fitness for our youngsters, the school, in association with Physical Education Foundation of India, organised Bal Bharati Inter School Online Rope Skipping Competition. More than 15 schools, with the strength of 55 students, participated in this mega event making it a grand success.

INTERNATIONAL WEBINARS

Through physical workshops and online webinars, the school encourages children to explore the multifarious opportunities in the field of sports and adopt a healthy lifestyle. World renowned sportsmen and professionals inculcate in children the enthusiasm and conviction to work hard and climb the ladder of success.

WEBINAR ON ROPE SKIPPING

Bal Bharati Public School
Sector-12, Dwarka

FIT INDIA

ORGANIZED BY
BAL BHARATI PUBLIC SCHOOL, INDIA

WEBINAR ON ROPE SKIPPING

BY
MS. IARA TOCICO ITO
(BRAZIL)

- President of Brazilian Double Dutch Federation
- President of Brazilian Rope Skipping Federation
- Coach Brazil Rope Skipping Team

JULY 01, 2021 4:30-5:30 PM IST GOOGLE MEET

To maintain good health and physical fitness during this stressful time of COVID, a Webinar on Rope Skipping was organised. The speaker Ms Iara Tocico Ito, President of Brazilian Double Dutch Federation and President of Brazil Rope Skipping Federation, demonstrated new skills for the children and taught them the same.



WEBINAR ON IMPORTANCE OF SPORTS

The school had organised a webinar on importance of sports and techniques to play cricket by well renowned International Coach, Mr Bhupinder Bisht, who has played as a professional player for 4 years in United Kingdom and is a level 2 coach certified by England Cricket Board.

Bal Bharati Public School
Sector-12, Dwarka

FIT INDIA

WEBINAR ON
IMPORTANCE OF SPORTS

ORGANIZED BY
BAL BHARATI PUBLIC SCHOOL, DWARKA

BY
MR. BHUPINDER BISHT

- Certified Level 2 Coach England Cricket Board
- Professional player for British Airways, UK
- Professional player for Brent Knoll Cricket Club United Kingdom

25 FEBRUARY 2021



WEBINAR ON SELF DEFENCE

In order to inculcate the values of self-reliance, confidence and resilience amongst children, the school conducted a webinar on self defence for the students of class IV through Google Meet. Mr. Balraj Kadyan, national coach in Kuwait, acted as the resource person for the event. A Taekwondo master and international referee and instructor, Mr Kadyan taught the participants several simple and effective tactics which equipped children with the skills to face challenging real-life situations.

KWS

Bal Bharati Public School
Sector-12, Dwarka

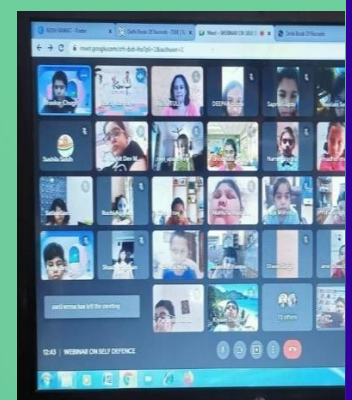
FIT INDIA

WEBINAR ON SELF DEFENCE

BALRAJ KADYAN
(KUWAIT)

1. TAEKWONDO MASTER
2. INTERNATIONAL REFEREE
3. INTERNATIONAL INSTRUCTOR
4. NATIONAL COACH IN KUWAIT
5. 5TH DAN BLACK-BELT KUKKIWON UNIVERSITY OF KOREA

JULY 23, 2021 12.30-1.30 PM IST GOOGLE MEET



WORKSHOP ORGANISED

KHELO INDIA WORKSHOP

The CBSE Center of Excellence conducted a Khelo India national fitness assessment program for physical education teachers at our school. The aim of the workshop was to revive the sports culture in India at the grass root level especially, amongst school children. Forty-six physical education teachers participated in the workshop from various CBSE affiliated schools.



SKIPPING COACHES WORKSHOP

Rope skipping training seminar and certification program was organized at BBPS Dwarka. It was attended by 90 participants from all over the city. The Seminar was conducted by Dr. Rakesh Gupta, Technical Chairman of Rope Skipping Federation of India. The occasion was graced by the presence of Mr Nirdesh Sharma, General Secretary RSFI.



PHYSICAL EDUCATION WORKSHOP

To update and familiarize physical education teachers with the concept and changes in latest syllabus of classes 11th and 12th, the school hosted a workshop by Think Big Publisher. Mr Vipin highlighted the changes in curriculum and also emphasized the importance of physical fitness.

WORLD CLASS SPORTS INFRASTRUCTURE



LONG JUMP PIT



BASKETBALL COURT-1



BASKETBALL COURT-2



CRICKET GROUND



CRICKET ASTRO TURF & CEMENT PITCH



FOOTBALL GROUND



SKIPPING ARENA



CHESS ROOM



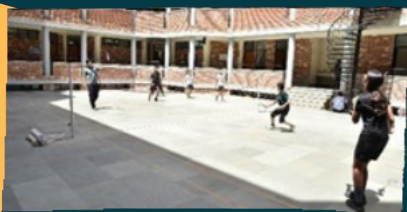
TABLE TENNIS HALL



JUDO ROOM



PULL-UPS & MONKEY BAR



BADMINTON COURT -1



VOLLEYBALL GROUND



TENNIS COURT



AUDIO-VISUAL ROOM

SPORTS ACHIEVEMENTS

JUDO

Sub Jr. and Cadet National Total - 1 Silver	Imphal	Rahul Solanki	73 Kg, Cadet	Silver
65th SGFI Total - 1 Silver	Bhavnagar	Rahul Solanki	73kg	Silver



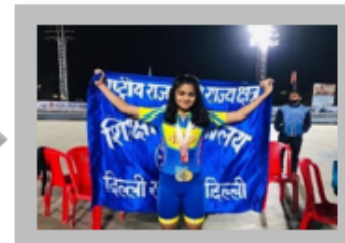
CHESS

Chess 9th National School Chess Championship	Aurangabad	Harshit Pawar	U-14	Silver
Chess 3 rd Hyderabad Open Chess Tournament	Hyderabad	Harshit Pawar	U-14	Gold



SKATING

CBSE National	Shri Shankarling Model	Aakriti Narayan	Inline, 300m(Rink) U-14	Gold
Total - 1 Gold, 1 Bronze	School, Belgaum	Aakriti Narayan	Inline, 500m(Rink) U-14	Bronze



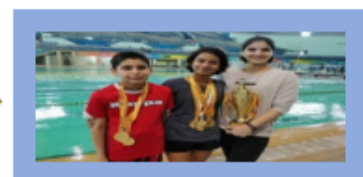
CRICKET

65th SGFI Cricket Championship	Gujrat	Yash Bhatia	U-17	Participation
DDCA Under 19	Baroda	Yash Bhatia	U-19	Selected



SWIMMING

CBSE National Total - 1 Bronze	Gyan Ganga International Academy Bhopal	Kashvi Gupta	200m Backstroke U-17	Bronze
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THANG-TA

64th SGFI Cricket Championship	Delhi	Nandini Dimri	U-14	Gold
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SPORTS ACHIEVEMENTS (ROPE SKIPPING)

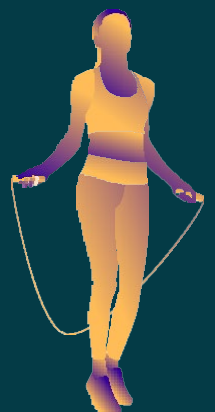


CBSE National Rope Skipping Championship Total - 9 Gold 6 Silver, 3 Bronze U-19 Girls & Boys-Overall championship U-19 Girls-Overall championship, U-19 Girls-First Position U-19 Boys- 2nd Runner-Up Over All Team Championship	Shri Ram Ashram School, Amritsar, Punjab	Ali Rizwi	D.D Single Freestyle U-19	Gold	  
		Kshitiz Sharma	D.D Single Freestyle U-19	Gold	
		Keshav Mishra	D.D Single Freestyle U-19	Gold	
		Shambhavi Tuli	Freestyle, U-19	Gold	
		Vanisha Jain	D.D Single Freestyle U-19	Gold	
		Samiksha Joshi	D.D Single Freestyle U-19	Gold	
	Shri Ram Ashram School, Amritsar, Punjab	Shambhavi Tuli	D.D Single Freestyle, U-19	Gold	
		Vanisha Jain	SR Pair Freestyle, U-19	Gold	
		Shambhavi Tuli	SR Pair Freestyle, U-19	Gold	
		Ali Rizwi	SR Pair Freestyle, U-19	Silver	
		Keshav Mishra	SR Pair Freestyle, U-19	Silver	
		Nimisha Parihar	D.D Pair Freestyle, U-14	Silver	
		Pragya Sagar	D.D Pair Freestyle, U-14	Silver	
		Asmita Thakur	D.D Pair Freestyle, U-14	Silver	
Shri Ram Ashram School, Amritsar, Punjab	Harshita Manocha	D.D Pair Freestyle, U-14	Silver		
	Ali Rizwi	Freestyle, U-19	Bronze		
	Chetan Sharma	SR Pair Freestyle, U-19	Bronze		
	Greek Yadav	SR Pair Freestyle, U-19	Bronze		



65th SGFI National School Games Rope Skipping Championship	KIIT Campus	Saloni Dhingra	D.D Single Freestyle U-17	Gold
Total - 1 Gold , 1 Silver , 1Bronze	Bhubaneshwar, Odisha	Saloni Dhingra	Speed Relay U-17	Silver

65th SGFI National School Games Rope Skipping Total- 4 Gold, 2 Silver	Thyagraj Stadium	Shambhavi Tuli	U-19, Freestyle	Gold
		Shambhavi Tuli	U-19, DDSF	Gold
		Shambhavi Tuli	Team Freestyle	Gold
		Keshav Mishra	Team Freestyle	Gold
		Keshav Mishra	DDSF	Silver
		Keshav Mishra	Speed Relay	Silver



SPORTS ACHIEVEMENTS

ROPE SKIPPING

Double Dutch Contest India (National) Total - 15 Gold, 3 Silver & 7 Bronze Winner	Delhi	Prisha Moza	DD Speed, U-11	Gold
		Yashika Vats	DD Speed, U-11	Gold
		Kavya Garg	DD Speed, U-11	Gold
		Prisha Moza	DD Fusion, U-11	Gold
		Yashika Vats	DD Fusion, U-11	Gold
		Kavya Garg	DD Fusion, U-11	Gold
		Falak Manocha	DD Fusion, U-11	Gold
		Nimisha Parihar	DD Fusion, U-17	Gold
		Pragya Sagar	DD Fusion, U-17	Gold
		Shradha	DD Fusion, U-17	Gold
		Samiksha Joshi	DD Fusion, U-17	Gold
		Shambhavi Tuli	DD Fusion, Senior	Gold
		Sashwat Bisoyi	DD Fusion, Senior	Gold
		Nandini Sahai	DD Fusion, Senior	Gold
		Taksh Rana	DD Fusion, Senior	Gold
		Nandini Sahai	DD Speed, Senior	Silver
		Shambhavi Tuli	DD Speed, Senior	Silver
		Sashwat Bisoyi	DD Speed, Senior	Silver
		Ali Rizwi	DD Fusion, U-17	Bronze
		Kshitiz Sharma	DD Fusion, U-17	Bronze
Keshav Mishra	DD Fusion, U-17	Bronze		
Tisya	DD Fusion, U-11	Bronze		
Deepanshi	DD Fusion, U-11	Bronze		
Niya Nandini	DD Fusion, U-11	Bronze		
Khushi Sharma	DD Fusion, U-11	Bronze		



20th RSFI National Total - 8 Gold , 7 Silver , 1 Bronze	Shirdi, Maharashtra	Parth Nijhawan	DDSF, U-11	Gold
		Vanisha Jain	Speed Sprint, U-17	Gold
		Urja Bhardwaj	DDSF, U-17	Gold
		Mansi Sagar	DDSF, U-17	Gold
		Ali Rizwi	Team Demo, U-19	Gold
		Kshitiz Sharma	DDSR, U-19	Gold
		Vanisha Jain	DDSF, U-17	Gold
		Parth Nijhawan	Team Freestyle, U-11	Gold
		Prisha Gulati	DDSF, U-14	Silver
		Saloni Dhingra	Speed Sprint, U-17	Silver
		Ali Rizwi	Team Freestyle, U-19	Silver
		Kshitiz Sharma	Team Freestyle, U-19	Silver
		Parth Nijhawan	Endurance, U-11	Silver
		Vanisha Jain	SR Pair Freestyle, U-17	Silver
		Urja Bhardwaj	SR Pair Freestyle, U-17	Silver
		Prisha Gulati	Speed Sprint, U-14	Bronze



संक्षिप्त समाचार

यश भाटिया ने जड़ा दोहरा शतक

नई दिल्ली, (खेस)। दिल्ली के अंडर 19 खिलाड़ी यश भाटिया के 133 गेंदों पर 10 छक्कों व 17 चौकों की मदद से बने ताबड़तोड़ 200 रनों की बढौलत ऐस क्रिकेट अकेडमी (354/4) ने पहले अंडर 17 रमेशा चंद्र मेमोरियल क्रिकेट टूर्नामेंट में बेस्ट दिल्ली क्रिकेट अकेडमी, झारका (191/10) को 163 रनों से हरा दिया। यश भाटिया ने पिछले महीने हुई वीनू मांकड ट्रॉफी में दिल्ली का प्रतिनिधित्व कर हुए बिहार के विरुद्ध 45 गेंदों पर 58 रन व उत्तर प्रदेश के विरुद्ध 17 रनों की पारी खेली थी।



यश भाटिया

भार शिक्षकों का'



लोकसभ्य

झारका में रोप स्किपिंग कोच प्रशिक्षण शिविर आयोजित



पश्चिमी दिल्ली

रोप स्किपिंग में बच्चों ने किया शानदार प्रदर्शन



पश्चिमी दिल्ली

दिल्ली राज्य डबल डच रोप स्किपिंग में खिलाड़ियों ने जीते स्वर्ण पदक



यश भाटिया ने जड़ा दोहरा शतक

नयी दिल्ली, 25 अक्टूबर (वाली) दिल्ली के अंडर 19 खिलाड़ी यश भाटिया के 133 गेंदों पर 10 छक्कों व 17 चौकों की मदद से बने ताबड़तोड़ 200 रनों की बढौलत ऐस क्रिकेट अकेडमी (354/4) ने पहले अंडर 17 रमेशा चंद्र मेमोरियल क्रिकेट टूर्नामेंट में बेस्ट दिल्ली क्रिकेट अकेडमी, झारका (191/10) को 163 रनों से हरा दिया। भाटिया ने पिछले महीने हुई वीनू मांकड ट्रॉफी में दिल्ली का प्रतिनिधित्व कर हुए बिहार के विरुद्ध 45 गेंदों पर 58 रन व उत्तर प्रदेश के विरुद्ध 17 की पारी खेली थी।



समारोह

पाल भारतीय पब्लिक स्कूल झारका रहा औपचारिक विजेता

श्रीराज आभार स्कूल में वी.बी.एस.ई. राष्ट्रीय स्तराकृत प्रतियोगिता संपन्न



रंगीन रोप सिंक्रिपिंग पेशीय



विशेषकर बन्धुमन्थलु लन्दनसुन्नु दीप्यादी सिसं चिनरुअसम्प

सिनियर प्रिन्सिपल एन्टीदीपिन मुसुग्री, सुरुवेष्ट्रुलु मुसुग्री, पालसुल दीन वी.रुअसुग्री तदिशुलु कुरुआ अरु कालेक प्रिन्सिपलरु, विशुशल विनरुलनु विजयुप्रुसुद प्रुक दीनुलु. लु पेशील्लु सेरुसुनु, कुन प्रुसुदु विरुगु सुरुु विरुगुलु पलु विरुगुल्लु वशुलुलु सुरुनुलु. वारुके मुसुगु अतिमु बन्धुमन्थलु अन्दरुशुलु. रुअसुनु पालसुलु निरुगुलुलु मुननुगु नसुगुरुनुलु.

Lead Mentor:- Ms. Suruchi Gandhi (Principal)
Content:- Ms. Richa Tuli, Ms. Bhawana Arora
Layout and Design:- Mr. Vivek Soni