

# CHAMPION CHRONICLES

SPORTS UPDATES FROM SESSION 2023-24



## FROM PRINCIPAL'S DESK



MS. SWAPNA NAIR  
PRINCIPAL

*"Motivation is what gets you started. Habit is what keeps you going."*

– Jim Ryun.

The primary aim of education extends beyond imparting mere academic knowledge; it seeks to cultivate essential humanitarian virtues such as wisdom, compassion, courage, humility, integrity, and reliability in students. We advocate for a comprehensive educational approach that integrates academics with co-curricular activities, sports education, and life skills development to nurture well-rounded individuals.

As the Principal of Bal Bharati Public School, I firmly hold the belief that education encompasses both academic prowess and creativity. My aim is to nurture individuals who are empowered, introspective, and grateful, capable of excelling in every facet of life. From time to time, school also initiates activities that actively promote safe and healthy lifestyles and contribute effectively to sustainability and conservation of our environment. Staying healthy is the only way to live a satisfying and productive life. It is high time all of us make up our minds to take care of our physical, mental and psychological health if we wish to lead a healthy life.

I am thrilled to compose the message for this year's edition of our school sports newsletter, Champion Chronicles. Our editorial team has dedicated significant effort to showcase the programmes undertaken in the field of sports and games, fostering the holistic growth of our students. I extend heartfelt congratulations to the students and teachers whose outstanding contributions have made this edition possible.

May our students march forward towards being awakened, worthy and responsible global citizens.

## FROM THE VICE PRINCIPAL



**HITESH TIWARI**  
VICE PRINCIPAL

This publication not only showcases the remarkable achievements of our athletes but also emphasizes the indispensable role of sports activities in shaping the lives of our students. Beyond mere competition, sports cultivate essential values such as discipline, resilience, and teamwork, vital for character development. Moreover, consistent engagement in sports enhances our physical, mental, and emotional well-being, promoting a balanced and healthy lifestyle.

Furthermore, sports offer students opportunities to establish and attain goals, instilling the values of dedication and perseverance. They also foster social integration and camaraderie, facilitating the formation of enduring friendships and the development of strong interpersonal skills.

Additionally, participation in sports contributes to improved mental health, reducing stress, anxiety, and depression, while elevating self-esteem and confidence levels.

Through this newsletter, we endeavor to celebrate the transformative influence of sports in nurturing holistic growth and individual excellence. I encourage all members of our school community to delve into the inspiring narratives and compelling visuals that epitomize the profound impact of sports on our lives.

Together, let us continue to advocate for the significance of sports in cultivating confident, resilient, and well-rounded individuals.



It is a matter of great delight to pen down the message for this edition of sports newsletter- Champion Chronicles. Our editorial board has worked diligently to provide glimpses of the sports activities conducted towards the holistic development of our students.

At Bal Bharati Public School, we firmly believe that sports play a crucial role in a child's holistic development. Embracing the wisdom of the famous saying, "The five S's of sports training are: Stamina, Speed, Strength, Skill, and Spirit" by Ken Doherty, we are dedicated to instilling these values in our students. We offer a plethora of facilities for various games such as Cricket, Basketball, Football, Volleyball, Hockey, Tennis, Badminton, Table Tennis, etc. Professional coaching is provided for all these sports by highly dedicated, skilled, and qualified coaches. The school organizes competitions at regular intervals at the Inter-House level, Inter-School level, District level, State level and All India level across different age groups to encourage healthy participation. These matches are played with high intensity and under pressure so that the students can learn to cope with similar situations in all aspects of life.

This newsletter serves as a platform for our students to uncover their hidden talents within the realm of sports. Through the dedicated efforts of the editorial board and the active involvement of our students, their creativity flourishes, finding expression in various sporting endeavors.

I believe that every student is capable of realizing their full potential through patience, persistence, and perseverance in sports. Alongside achieving success in athletics, I urge you to integrate the values of respect, responsibility, and excellence into your daily sporting endeavors, setting positive examples for your peers. I wish you all the very best for your future endeavors. Let us make a difference in the world.

## FROM SPORTS FACULTY



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**SANGEETA CHAUHAN**  
TGT (PHY. EDUCATION)

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# YOGA

*'Yoga is the journey of the self, through the self, to the self.'*  
-The Bhagavad Gita

Yoga is a light that, once lit, will never dim. The better your practice, the brighter the flame. The origin of yoga can be traced to the ancient sacred text called Rigveda. Yoga is a medium to release stress and take the first step towards a happy and productive life. It has many health benefits. In today's era, yoga has become so popular that so many countries have adopted it. If we go deeper into the statistics, we can say that yoga is a renowned workout and is practiced by more than 300 million people across the world.

Our Bal Bhartians participated in several inter-school events organised during the session and gave an incredible performance. They secured many awards and medals.

## U.P. STATE YOGA CHAMPIONSHIP 2023

**VENUE-** EKLAYA SPORTS STADIUM, SADAR BAZAR, AGRA

**DATE-** 2 JUNE 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
NANCY BISHT	V-A	U-11	18	III



## NATIONAL OPEN YOGA CHAMPIONSHIP 2023

**VENUE-** DDA SPORTS COMPLEX, DILSHAD GARDEN

**DATE-** 7 MAY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
NANCY BISHT	V-A	U-10	43	II
AARAL GAUTAM	V-A	U-10		III
SPARSH GARG	V-B	U-10		I
PRISHA JAIN	V-D	U-10		III
VANYA JAIN	V-E	U-10		III



## Did you know?

72% of yoga practitioners are women.

## ONLINE INTER SCHOOL YOGA COMPETITION 2023-24

**DATE-** 21 JUNE 2023

**VENUE-** ALLEN HOUSE PUBLIC SCHOOL VASUNDHARA GHAZIABAD  
(ONLINE MODE)

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
HARSHITA NAHAR	VIII-E	U-12	25	SILVER



## SPORTIUM 2023

**VENUE-** BAL BHARATI PUBLIC SCHOOL, NTPC KHARGONE

**DATE-** 10 SEPTEMBER 2023

(ONLINE)

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
NANCY BISHT	V-A	U-10	28	1



## 3rd INTER SCHOOL YOGA COMPETITION 2023

**DATE-** 12 AUGUST 2023

**VENUE-** ADHARSHEELA GLOBAL SCHOOL, VASUNDHARA SEC-3

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
VAISHNAVI SINGHAL	II-D	U-8	28	SILVER
AARNA SINGAL	II-D	U-10	28	BRONZE
ARNAV SINGH RAWAT	II-D	U-10		GOLD
RAGHAV TYAGI	II-D	U-10		SILVER
HARSHITA NAHAR	VIII-E	U-14		14
VANYA JAIN	V-E	U-12	26	BRONZE
SPARSH GARG	V-B	U-12		SILVER
SHREYOSI BANERJEE	VII-B	U-12		BRONZE
AARAL GAUTAM	V-A	U-10	28	GOLD
NANCY BISHT	V-A	U-10		GOLD
PRISHA JAIN	V-E	U-10		SILVER
SHREYESI BANERJI	VII-B	U-12	26	BRONZE
HARSHITA NAHAR	VIII-E	U-12		BRONZE



## Did you know?

72% of yoga practitioners are women.

## WINNING AMIDST UNKNOWNNS

**DATE-** 11-12 OCTOBER 2023

**VENUE-** CH. CHHABIL DASS SCHOOL,GHAZIABAD

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AKSHITA CHILAMUKURTHI	IV-B	U-10	18	II
MAYRA ROY	IV-B			
KIRTI NAHAR	IV-C			



## INTER SCHOOL YOGA CHAMPIONSHIP -2024

**VENUE-** ADHARSHEELA GLOBAL, SAHIBABAD GHAZIABAD (U.P.)

**DATE-** 4 FEBRUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
VAISHNAVI SHARMA	II-D	U-8	20	II
ARNAV SINGH RAWAT	II-D	U-8		II
RAGHAV TYAGI	II-D	U-8		I
KRISHA JAIN	III-B	U-8	25	II
MYRA ROY	IV-B	U-10		II
KRITI NAHAR	IV-B	U-10		II
AKSHITA CHILAMKURTHI	IV-B	U-10	20	III
GARGI	V-D	U-12		I
AARAL GAUTAM	V-B	U-12		I
VANYA JAIN	V-E	U-12	15	II
NANCY BISHT	V-A	U-16		I
HARSHITA NAHAR	VIII-E	U-12		II
DHRIT SHARMA	VIII-E	U-16	15	I



### Did you know?

72% of yoga practitioners are women.

# ROPE SKIPPING

*“Take care of your body. It’s the only place you have to live.”*

– Jim Rohn

Exercise is the single most important thing you can do to keep your body healthy. It helps in controlling many health issues such as heart disease, stroke, diabetes, dementia, depression, and many types of cancers. Rope skipping is a kind of workout where one swings a rope over one’s head and jumps as it goes under the feet, repeating this process for as long as you can. The goal is to establish a consistent rhythm. Rope skipping requires a large demand of energy which can burn a significant number of calories. If done correctly, mixing the jump rope into a routine is healthy and fun.

In the session, 2023-24, an inter-school, **ROPE SKIPPING MASTERS CHAMPIONSHIP**, was organised where the pupils of Bal Bharati Public School, Brij Vihar secured gold, silver, and bronze medals.

## **ROPE SKIPPING MASTERS CHAMPIONSHIP**

**VENUE**-SECTOR 10 DECATHLON, DWARKA

**DATE**- 21 MAY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
NEELKANTH KARNANY	V-B	U-12	SILVER
PRATUSH SINGH	V-D	U-12	SILVER
ATHARVA GUPTA	V-E	U-10	SILVER
ADVIK GOEL	III-B	U-8	SILVER
ARNAV GOEL	VIII-D	U-14	BRONZE
KRISH JINDAL	IX-E	U-16	BRONZE
AARAV BHATIA	VIII-E	U-14	BRONZE
AYANSH GULATI	VIII-E	U-14	GOLD
VINAYAK THAKUR	VIII-E	U-14	GOLD
KRIDAY BAMMI	II-C	U-8	BRONZE



## **Did you know?**

Skipping rope activity can be traced back to 1600 A.D. when the Egyptians used vines for jumping.

## DELH STATE ROPE SKIPPING MASTER CHAMPIONSHIP 2023

**VENUE-** BAL BHARATI PUBLIC SCHOOL GANGARAM, DELHI

**DATE-** 29 JULY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
ATHARVA GUPTA	V D	U-12	GOLD
PRATYUSH SINGH	V D	U-12	GOLD
ARUSHI BHARDWAJ	VI A	U-12	SILVER
GARGI	V C	U-12	SILVER
NAYSHA BHASIN	VI A	U-12	SILVER
KAVANGUN GAUR	V B	U-12	SILVER
AARAV BHATIA	VIII D	U-14	SILVER
AYANSH GULATI	VIII E	U-14	SILVER
VINAYAK THAKUR	VIII E	U-14	SILVER
KAVISH JINDAL	IX E	U-14	SILVER
NEELKANTH KARNANY	V C	U-12	BRONZE



### Did you know?

Skipping rope activity can be traced back to 1600 A.D. when the Egyptians used vines for jumping.



# TENNIS

*"The great part about tennis is you can't run out the clock.... As long as we were still playing, I had a chance."*

- Andre Agassi

Tennis is a sport that is played between two players or pairs of players. Each player uses a racquet to hit a ball of specified size, and weight, and bounce over a net on a rectangular court. In all the inter-school events organized in the year 2023-24, students of Bal Bharati Public School, Brij Vihar ached. They proved that one can achieve anything if one is confident and iron-willed.

## 3rd OPEN TALENT TENNIS CHAMPIONSHIP UPRISING

**VENUE-** TENNIS ACADEMY, KRISHNA GARDEN

**DATE-** 27 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
ASMI KUNWAR	VIII-E	U-14	SILVER
RUDRANSH GUPTA	IX-A		
BHAVYA AGGARWAL	X-B		



## INTER SCHOOL TENNIS COMPETITION

**VENUE-** JBM GLOBAL SCHOOL, SECTOR-132, EXPRESSWAY, NOIDA-201031

**DATE-** 7 MAY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SHAURYA JUNEJA	IX-C	U-14	II



## Did you know?

72% of yoga practitioners are women.

#### 4th UP TALENT TENNIS CHAMPIONSHIP-2023 INTER SCHOOL TOURNAMENT

**VENUE-** UPRISING TENNISACADEMY KRISHNA GARDENSADAR PUR GHAZIABAD UP

**DATE-** 1 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SHAURYA JUNEJA	IXC	U-14	GOLD
ADHIRAJ MALIK	VII A	U-14	BRONZE



#### NOIDA OPEN TENNIS CHAMPIONSHIP

**VENUE-** GLOBAL SPORTS COMPLEX

**DATE-** 22-23 APRIL 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SHAURYA JUNEJA	IXC	U-14	GOLD



#### DARBARI LAL MEMORIAL TENNIS CHAMPIONSHIP -2024

**VENUE-** DLF PUBLIC SCHOOL SEC-II, RAJENDRA NAGAR, SAHIBABAD GHAZIABAD (U.P.)

**DATE-** 12-14 JANUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SHAURYA JUNEJA	IX C	U-14	GOLD
RIDDHI DAGA	IV A	U-10	BRONZE



#### EKLAVYA INTER SCHOOL TENNIS TOURNAMENT

**VENUE-** SRI RAM UNIVERSAL SCHOOL GHAZIABAD

**DATE-** 27-28 JANUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SHAURYA JUNEJA	IX C	U-14	GOLD
BHAVYA AGGARWAL	X B	U-18	GOLD



#### Did you know?

In 2007, the prize money for Wimbledon winners became equal for men and women. 1968 was the first ever Wimbledon to offer prize money.

# BADMINTON

*"My parents told me either I choose badminton or school has to make the best of me."*

*- Taufik Hidayat*

Badminton is a sport where players use racquets to hit a shuttlecock across the net. It is a common outdoor activity. Nowadays, one can see children and adults playing this game in any society park. Badminton seems an easy sport but filled with many technicalities and antics. A badminton player has to be focussed, attentive and always ready to hit the shuttlecock. Its origin is obscure but gradually it has become an important part of the field of sports. England, Scotland, Wales, Canada, Denmark, France, Ireland, the Netherlands, and New Zealand were the founding members of the International Badminton Federation in 1934, now known as the Badminton World Federation. India joined it as an affiliate in 1936.

No one can break the spirit of our Bal Bhartians. In all the events in which our students participated they proved their knack.

## INTER SCHOOL OPEN BADMINTON CHAMPIONSHIP 2023

**VENUE-** POORV DELHI KHEL PARISAR, NEW DELHI

**DATE-** 10 OCTOBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
VIVAAN AGGARWAL	III-E	U-9	21	SINGLES -I
AKSHITA	IV-C	U-9		SINGLES-III
		U-11		DOUBLES-II
TANUSHI SINGHAL	IV-E	U-9		SINGLES-III
		U-11		DOUBLES-II
KUSHANK SINGH	V-D	U-11		SINGLES-II
ISHAN RAHUL GUPTA	VII-D	U-13		SINGLES-III
YAJAT BHATNAGAR	XI-A	U-17		SINGLES-III
		U-17	DOUBLES -II	
UTKARSH SHARMA	XI-A	U-17	DOUBLES II	



### Did you know?

The shortest badminton match was held in Hong Kong in the 1996, which lasted for only six minutes, where South Korean player Ra-Kyung-min defeated an England player, Julia Mann.

## INTER SCHOOL OPEN BADMINTON CHAMPIONSHIP 2023

**VENUE-** POORV DELHI KHEL PARISAR, NEW DELHI

**DATE-** 28 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
TANUSHI SINGHAL	IV-E	U-11	08	SINGLES - III
REYANSH AGARWAL	IV-C	U-9	05	SINGLES - I
AAYUSHI SWAR	V-C	U-11	05	DOUBLES -II
AARUSH DHYANI	VII-B	U-15	04	DOUBLES - II
AMAN SHARMA	IX-E	U-17	06	SINGLES - III
YAJAT BHATNAGAR	XI-A	U-17	05	SINGLES - I
UTKARSH SHARMA	XI-A	U-17	05	SINGLES - II



## PROFITIOUS OPEN BADMINTON TOURNAMENT 2023

**VENUE-** POORVI DELHI KHEL PARISHAR, DILSHAD GARDEN

**DATE-** 30-31 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AMAN SHARMA	IX-E	U-15	12	SINGLES -II
			07	DOUBLES- III



## KHEL INDIA DIL SE, BADMINTON CHAMPIONSHIP -2024

**VENUE-** PROMETHEUS SCHOOL, SECTOR-131, NOIDA

**DATE-** 10 FEBRUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AAYUSHI SWAR	V-C	U-13	11	II INR 2000/- (CASH PRIZE)



## D.D.A BADMINTON CHAMPIONSHIP -2024

**VENUE-** YAMUNA SPORTS COMPLEX, SURAJMAL VIHAR, DELHI

**DATE-** 16-17 FEBRUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
TANUSHI SINGHAL	IV-E	U-11	18	I



### Did you know?

The shortest badminton match was held in Hong Kong in the 1996, which lasted for only six minutes, where South Korean player Ra-Kyung-min defeated an England player, Julia Mann.

# SKATING

*"Skating was the vessel into which I could pour my heart and soul."*  
-Peggy Fleming

Skating is a recreational and competitive sport where students wear special shoes fitted with small wheels that help them to move. It is a sport which is filled with adventure and fun.

Students of Bal Bharati Public School, Brij Vihar took immense pleasure in this sport and won various medals and trophies in various inter-school competitions organised during the session.

## STAIRS ROLLER SKATING DISTRICT CHAMPIONSHIP 2023

**VENUE-** ST.XAVIERS WORLD SCHOOL NH-58 SHAPUR ROAD, U.P

**DATE-** 20 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
KRIDAY BAMMI	II-C	U-7	15	I
AANYA GOLA	II-C	U-7	10	II
PRAGYA JAIN	I-A	U-6	10	II



## STAIRS SKATING CHAMPIONSHIP 2023

**VENUE-** CHILLA SPORTS COMPLEX,VASUNDHARA,GHAZIABAD

**DATE-** 20 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AARADHAY SANWAL	IV-A	U-10	31	II

## DELHI DEVELOPMENT AUTHORITY ROLLER-SKATING CHAMPIONSHIP 2023

**VENUE-** YAMUNA SPORTS COMPLEX, DELHI

**DATE-** 19 NOVEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
KRIDAY BAMMI	II-C	U-07	20	SQUAD-I



### Did you know?

1912 was the first year a marriage on roller skates was recorded. It's in the National Museum of Roller Skating.

### **SUPER SKATING SERIES COMPETITION 2023 (SKFI)**

**VENUE-** DDA SPORTS COMPLEX, PITAMPURA, DELHI

**DATE-** 9 APRIL 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
KRIDAY BAMMI	II C	U - 5	GOLD



### **NATIONAL OPEN ROLLER-SKATING CHAMPIONSHIP 2023**

**VENUE-** DDA SPORTS COMPLEX, DILSHAD GARDEN

**DATE-** 30 APRIL 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
AARADHAY SANWAL	IV A	U-10	BRONZE
TANISHA BHUTANI	IX D	U-14	BRONZE
KRIDAY BAMMI	IIC	U-7	SILVER



### **EAST & WEST ZONE ROLLER SKATING CHAMPIONSHIP 2023**

**VENUE-** YAMUNNA SPORTS COMPLEX DELHI

**DATE-** 2 JULY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
AARADHAY SANWAL	IV A	U-10	BRONZE



### **1st UP DISTRICT PROMOTIONAL ROLLER-SKATING CHAMPIONSHIP 2023**

**VENUE-** CHILLA SPORTS COMPLEX, VASUNDHARA, GHAZIABAD

**DATE-** 16 JULY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
AARADHAY SANWAL	IV A	U-10	BRONZE



### **Did you know?**

1912 was the first year a marriage on roller skates was recorded. It's in the National Museum of Roller Skating.

## DELHI STATE OPEN ROLLER-SKATING CHAMPIONSHIP 2023

**VENUE-** DDA SPORTS COMPLEX,DILSHAD GARDEN

**DATE-**18 JUNE 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
AARADHAY SANWAL	IV A	U-10	GOLD
KRIDAY BAMMI	IIC	U-7	BRONZE



## DELHI/NCR OPEN ROLLER SKATING CHAMPIONSHIP 2023

**VENUE-** CHILLA SPORTS COMPLEX DELHI

**DATE-** 16 JULY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
KRIDAY BAMMI	IIC	U-5	GOLD
SHAURAV GOYAL	PRE-PRIMARY	U-5	GOLD
ADVIK	IID	U-7	BRONZE
ANANYA GOLA	IIC	U-7	BRONZE
NAVIKA BISHT	VE	U-10	GOLD
RUHAAN SARAO	IVA	U-10	GOLD



## NATIONAL OPEN ROLLER-SKATING CHAMPIONSHIP 2023

**VENUE -** NATIONAL BAL BHAVAN NEW DELHI

**DATE-** 30 JULY 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
KRIDAY BAMMI	IIC	U-7	SILVER



### Did you know?

1912 was the first year a marriage on roller skates was recorded. It's in the National Museum of Roller Skating.

# CRICKET

*"I always breathe cricket."*

-Kapil Dev

Cricket is one of the most popular sports that has a long history. It includes two teams with eleven players in each team. One team, which is batting, tries to score runs while the other team throws the ball and tries to prevent as many scores as it can. Initially, it was just a medium of entertainment but in the 18th century, it became an established sport. And today every child knows the names of famous exponents of this sport. Initially this sport was largely dominated by male cricketers but nowadays we can see many leagues where women as well as their counterparts. The ICC Women's Cricket World Cup is the sport's oldest world championship, with the first tournament held in England in 1973.

In the session 2023-24, many inter-school events were organised where the students of Bal Bharati Public School, Brij Vihar participated and proved their mettle by securing top positions.

## FRIENDLY CRICKET MATCH

**VENUE-** BAL BHARATI PUBLIC SCHOOL, BRIJ VIHAR, GHAZIABAD

**DATE-** 16 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
ARNAV VERMA	VIII-A	U-13	2	II
RAYAANSH JAIN	VII-B			
SHAURYA	VII-E			
ARYAN CHAKU	VIII-B			
ADVIT SHARMA	VII-E			
AKSHAY	VIII-A			
SIDDHARTH MAHAJAN	VIII-C			
SHOURYA KOHLI	VII-D			
ISHAAN GUPTA	VII-D			
AARJAV JAIN	VII-D			
RUDH SOLANKI	VII-E			
LAKSHAY VATS	VIII-E			
AAYUSH YADAV	VII-A			



## Did you know?

The longest-recorded cricket match lasted for 14 day.



## 8th WINTER CUP T-20 CRICKET TOURNAMENT 2023

**VENUE-** VIVEKANAND INTERNATIONAL SCHOOL, I.P EXTENTION

**DATE-** 24-31 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
REYANSH JAIN	VII-B	U-13	14	I
SHAURYA SRIVASTAVA	VII-E			
ARNAV VERMA	VIII-A			
ARYAN CHAKU	VII-B			
AKSHAY HATWAL	VIII-A			
ADVIT SHARMA	VII-E			
ARJAV JAIN	VII-D			
ISHAAN RAHUL GUPTA	VII-D			
SHAURYA KOHLI	VII-D			
AYAAN	VII-A			
VIVAAN DESHWAL	VI-D			
ATHARVA BHARDWAJ	VII-E			
SHIVEN	V-D			
UDIT GUPTA	VII-D			



## 7th JUNIOR STATE TENNIS BALL CRICKET GIRLS CHAMPIONSHIP 2023

**VENUE-** BAL BHARATI PUBLIC SCHOOL, ROHINI, DELHI

**DATE-** 12-13 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
BHUMI CHAUDHARY	XII-A	U-19	17	SILVER
JIYA MAHAJAN	XI-B			
HARSHITA CHANANA	XI-B			
EKTA BHANSALI	XI-B			
VAISHNAVI JAISWAL	IX-B			



### Did you know?

The longest-recorded cricket match lasted for 14 day.

# SWIMMING

*"The best swimmers are the ones who can swim with their mind."*  
-Bob Bowman

Swimming is a good way to keep your body healthy and fit. It is an activity that involves the movement of the entire body. With a push, a swimmer moves further in water. There are different types of strokes a swimmer can perform are side stroke, backstroke, butterfly stroke, freestyle and so on.

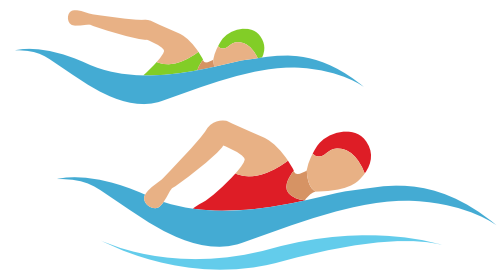
In the session 2023-24, students of Bal Bharati public School, Brij Vihar participated in School Children Swimming Championship 2023 and secured 1st position in backstroke and 2nd position in free style.

## SCHOOL CHILDREN SWIMMING CHAMPIONSHIP 2023

**VENUE-** YAMUNA SPORTS COMPLEX, DELHI

**DATE-** 13 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
ABHIKHYA SINGH	IV-C	U-10	16	BACK STROKE 50M - I
				FREE STYLE 50 M -II



## Did you know?

The first swimming goggles were made from tortoise shells.

# TABLE TENNIS

*"Table Tennis is like an atom. To the ignorant, it is merely microscopic and insignificant in existence, but to the dedicated, it is intricate in design and the building block to everything we know."*  
- Matt Hetherington

Playing sports keeps cognitive and physical health in shape. It is the best way to develop various skills like leadership skills, communication skills, decision-making skills and so on. Table Tennis is identical to lawn tennis and is played on a flat table divided into two halves. Our Bal Bhartians showed that no one can compete with them in this sport. They secured various positions in different inter-school events organised during the session

## 3rd OPEN TALENT TENNIS CHAMPIONSHIP

**VENUE-** UPRISING TENNIS ACADEMY, KRISHNA GARDEN

**DATE-** 27 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
ASMI KUNWAR	VIII-E	U-14	20	II



## CBSE CLUSTER \_19 TABLE TENNIS, 2023

**VENUE-** MAHARAJA AGRASEN PUBLIC SCHOOL, KHURJA, BULANDSHAR U.P

**DATE-** 14-16 OCTOBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AAKRIT KATYAL	XI-B	U-17		III
AADI TALWAR	XI-C			
VANSH TALWAR	XII-A			
AARAV JAIN	IX-B			



## Did you know?

Table Tennis was invented in England in the early days of the 20th century and was originally called Ping-Pong.

## DDA INTER SCHOOL TABLE TENNIS COMPETITION 2023

**VENUE-** DDA SPORTS COMPLEX, DILSHAD GARDEN, NEW DELHI

**DATE-** 7 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
AALYA BHANOT	V-E	U-11	10	SINGLES-II
AADVIK NARULA	V-A	U-11	10	SINGLES- II
REHANSH DIXIT	V-C	U-11	10	DOUBLES- II
AADYAA GUPTA	VII-A	U-13	8	SINGLES- I
DAKSH NARULA	VIII-C	U-15	12	SINGLES- III DOUBLES- II
AARAV GARG	VIII-A	U-15	12	DOUBLES-II



## OPEN TABLE -TENNIS TOURNAMENT 2023

**VENUE-** SHIPRA KRISHNA VISTA, INDIRAPURAM

**DATE-** 24 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
DAIVIK KASHYAP	IX-E	U-15	20	SINGLES-I



## DDA TABLE -TENNIS TOURNAMENT 2023

**VENUE-** YAMUNA SPORTS COMPLEX, DELHI

**DATE-** 27 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
DAIVIK KASHYAP	IX-E	U-15	20	SINGLES-I



## Did you know?

Table Tennis was invented in England in the early days of the 20th century and was originally called Ping-Pong.

# BASKET BALL

*"I've failed over and over and over again in my life. And that is why I succeed."*

*- Michael Jordan*

Basketball is a team sport where two teams compete against each other and try to score maximum goals. It teaches us about the importance of teamwork. It is a fast-moving game that involves a lot of variety, including shooting, dribbling, passing, rebounding, defense, and much more. It has so many health benefits such as it helps in burning calories, building endurance and muscles, and developing self-discipline.

No one can match the exuberance of Bal Bhartians when it comes to teamwork. So many events were organised in the current session and every time the students of Bal Bharati Public School delivered a great performance.

## 3X3 BASKETBALL CHAMPIONSHIP

**VENUE-** JSSA SPORTS ACADEMY, NOIDA

**DATE-** 20 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
NIMISHA SEMWAL	VIII-A	U-14	20	II
GRACY SURANA	VIII-A	U-14		
SHAGUN SINGH	VIII-C	U-14		
KRISHA GAUR	VI-A	U-14		



## 3X3 BASKETBALL TOURNAMENT 2023

**VENUE-** NEW ERA PUBLIC SCHOOL, GHAZIABAD

**DATE-** 16-17 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	NO. OF PARTICIPATING TEAMS	POSITION/MEDAL
ANISHA SINGH	VIII-C	U-14	2	I
GRACY SHARMA	VIII-A	U-14		
NIMISHA SUMWAL	VIII-A	U-14		
KRISHA GAUR	VI-A	U-14		
ARYAN GOYAL	VIII-E	U-14	13	II
PRASHANT YADAV	VIII-C	U-14		
VAIVHAV KUMAR	VIII-B	U-14		
ABEER JAIN	VIII-B	U-14		
MRIDUL BHARDWAJ	XI-B	U-17	2	III
SANIDHYA NAHATA	X-D	U-17		
ARYAN SINGH	XI-C	U-17		
DHAIRYA KATARIA	XI-B	U-17		



## Did you know?

Basketball was first invented by Springfield College instructor and graduate student James Naismith in 1891.

# ATHLETICS

*“Hard days are the best because that’s when champions are made.”  
-Gabby Douglas*

Within the broad title of athlete comes a variety of activities such as running, jumping, throwing and walking. These are the activities that developed from our daily routine. It has become one of those sports that are played by people from all over the world. Today, almost every country is engaged in these games. Many tournaments are also organised by several international organisations where the young aspirants from all over the world come and participate. Some common events organised in those tournaments are high jump, pole vault, long jump, triple jump, shot put, discus throw, hammer throw, and javelin throw.

In the session 2023-24, a large variety of inter school championships were organised where students nailed and secured different positions and medals.

## 1ST INTER SCHOOL ATHLETIC CHAMPIONSHIP

**VENUE:** PHYSICAL EDUCATION COLLEGE DADRI ROAD

**DATE:** 11 MAY 2023

**CLASSES:** IV-V

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
AYAAN HATWAL	IV D	U-13	GOLD
KRITI NAHAR	IV C		GOLD
ATHARV GUPTA	IV C		GOLD
AKSHITA	IV C		GOLD
AYAAN HATWAL	IV D		GOLD
ATHARV GUPTA	IV C		GOLD
YUVAAN MALHOTRA	IV E		GOLD
ARYAN SINGH	IV D		GOLD
KRITI NAHAR	IV C	U-13	GOLD
AKSHITA	IV C		
TANUSHI SINGHAL	IV E		
AKSHITA. CHILAMKURTHI	IV B	U-14	
GARGI	V C		BRONZE
ARYAN NEGI	V C		SILVER
REYANSH	VE		SILVER
ANSH KHANNA	VE		SILVER
PRANJAL ARYA	V A		SILVER
GARGI	V C	U-14	GOLD
AMBIKA BILLA	V A		
SHAANVI BHATT	V A		
ANANYA SINGHAL	VD		



## Did you know?

The Jamaican sprinter, Usain Bolt set the world records for the 100-meter and 200-meter sprints in 2009.

## 1st INTER SCHOOL ATHLETIC CHAMPIONSHIP

**VENUE:** PHYSICAL EDUCATION COLLEGE DADRI ROAD

**DATE:** 11 MAY 2023

**CLASSES :** VI-XII

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
RIDDHIMA NAUTIYAL	VIA	U-12	GOLD
BHUVIKA VERMA	VIC	U-12	GOLD
AARUSHI BHARDWAJ	VIA	U-12	GOLD
ANSHIKA	VIB	U-12	GOLD
DHRUV AGGARWAL	VIB	U-12	SILVER
ADITYA NIGAMA	VIE	U-12	SILVER
AARAV GUPTA	VIE	U-12	SILVER
AMITESH PARMAR	VIB	U-12	SILVER
SANSKRITI SINGH	VIIIA	U-14	GOLD
SHAGUN SINGH	VIIIC	U-14	SILVER
GEDALIAH ZEMINAH	VIIID	U-14	SILVER
MAHIMA KANSAL	VIIIB	U-14	BRONZE
PEEHU AGGARWAL	VIIIE	U-12	BRONZE
ARRISHA SINGH	VIIIC	U-14	SILVER
KHUSHI DAGA	VIIIE	U-14	SILVER
MANANDEEP SINGH	XIIB	U-16	SILVER
DEV VASUDEV	XIIB	U-16	GOLD
TANMAY DUA	XIC	U-16	SILVER
KARTIKAY DHAR	IXC	U-16	BRONZE
SASHWAT KUSHWAH	XA	U-16	SILVER
NIPUN GUPTA	XB	U-16	SILVER
PARTH KHARBANDA	XC	U-16	SILVER
PARTH MISHRA	XA	U-16	GOLD
DAKSH PREET	XA	U-16	SILVER
ADITYA CHAUDHARY	IXD	U-16	SILVER
VEEREN SEN	VIIC	U-14	GOLD
PARTH SHARMA	VIIC	U-14	SILVER
ANSH	VIIC	U-14	GOLD
VIVEK SINGH	VIIIB	U-14	GOLD
MADHAV SINGHAL	VIE	U-12	GOLD
AKSHIT BISHT	XIIB	U-16	GOLD
VANSH BANSAL	IXD	U-16	SILVER
AARUSH TIWARI	XIIIA	U-16	GOLD



### Did you know?

The Jamaican sprinter, Usain Bolt set the world records for the 100-meter and 200-meter sprints in 2009.

## JBM ATHLETIC EVENT 2023

**VENUE-** JBM GLOBAL SCHOOL,A-11,SECTOR 132, NOIDA EXPRESSWAY

**DATE-** 3 OCTOBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
PARTH MISHRA	X B	U-16	BRONZE
PARTH KHARBANDA	X C		GOLD
MADHAV	X D		BRONZE
RIDDHIMA SUHAG	X B		GOLD
TANMAY DUA	XI B		GOLD
DEV VASUDEV	XII B		SILVER
SHUBHANKAR DHAWAN	XII C		SILVER



## ALL INDIA INTER UNIT BAL BHARATI MEET -2023

**VENUE -** BAL BHARATI PUBLIC SCHOOL, PITAMPURA

**DATE-** 13-15 OCTOBER-2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
PARTH KHARBANDA	X-C	U-16	BRONZE
MADHAV SHARMA	X-D		BRONZE



## DISTRICT ATHLETIC CHAMPIONSHIP 2023 NEAR

**VENUE -** RKGITM, DELHI - MERUT ROAD RAJNAGAR EXT. GHAZIABAD

**DATE-** 30 NOVEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SANSKRITI SINGH	VIII A	U-14	SILVER
SHAGUN SINGH	VIII C		SILVER
PRASHANT YADAV	VIII B		BRONZE
APARMEY TIWARI	VIII E		BRONZE
AYANSH GULATI	VIII E		GOLD
ANSHIKA	VI B	U-12	GOLD
AARUSHI BHARDWAJ	VI A		BRONZE



## PRAGYAN INTER SCHOOL ATHLETIC MEET-2023

**VENUE-** PRAGYAN SCHOOL GREATER NOIDA

**DATE-** 21-22 DECEMBER 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
PARTH KHARBANDA	X-C	U-19	GOLD
YASHRAJ PANDEY	XII-C	U-19	SILVER
TANMAY DUA	XI-C	U-19	SILVER
PARTH MISHRA	X-B	U-19	BRONZE
DEV VASUDEV	XII-B	U-19	BRONZE
TANMAY DUA	XI-C	U-19	BRONZE
PARTH KHARBANDA	X-C	U-19	BRONZE
SHIVANSH RAI	VI-D	U-13	GOLD
ARJUN BISHT	VII-B	U-13	GOLD
SHIVANG RASTOGI	VI-C	U-13	GOLD
DIVIT SINGH	VI-D	U-13	GOLD



## Did you know?

The Jamaican sprinter, Usain Bolt set the world records for the 100-meter and 200-meter sprints in 2009.



# KARATE

*"Martial arts is not just about fighting, it's about learning how to control your emotions and reactions."*

Karate is a Japanese martial art that focuses on self-defence. It is a form of self-defence that focuses on punching, kicking and blocking. Karate is more than just punches and kicks; it also includes meditation and breathing exercises.

## **NATIONAL KARATE CHAMPIONSHIP 2023**

**VENUE-** NOIDA CITY COMMUNITY CENTER, SEC- 35, NOIDA

**DATE-** 23 APRIL 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
DAIVIK KASHYAP	IX E	U-16	GOLD



# KETTLE BELL

*"There's no secret formula. I lift heavy, work hard, and aim to be the best."*

*- Ronnie Coleman, eight-time Mr. Olympia*

*"When We Say "Strength," We Mean "Kettlebell." When We Say "Kettlebell," We Mean "Strength."*

## KETTLE BELL SPORT DELHI OLYMPIC CHAMPIONSHIP -2024

**VENUE-** GOV. BOYS & SR. SEC. SCHOOL NO-1 PUNJABI BAGH, NEW DELHI

**DATE** - 10 FEBRUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
SARVYASHA JAIN	IX B	U -16	GOLD
ADITI TOMAR	IX A	U -16	GOLD
TANISHA BHUTANI	IX D	U -16	SILVER
AAYAN AHMED	IX A	U -16	BRONZE
DHRUV NARULA	IX D	U -16	SILVER
MADHAV MUNDHRA	IX C	U -16	GOLD



## KETTLE BELL SPORT DELHI OLYMPIC CHAMPIONSHIP -2024

**VENUE-** GOV. BOYS & SR. SEC. SCHOOL NO-1 PUNJABI BAGH, NEW DELHI

**DATE** - 10 FEBRUARY 2024

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
BHAJAN SINGH (COACH)	MEN	16	GOLD

## DISTRICT TAEWONDO CHAMPIONSHIP

**VENUE-** S.G PUBLIC SENIOR SECONDARY SCHOOL SEC-15 VASUNDHARA

**DATE-** 26-27 AUGUST 2023

NAME OF PARTICIPANT	CLASS	CATEGORY	POSITION/MEDAL
VAMIKA SINGH	V E	U -10	BRONZE
NABHYA SINGH	III D	U-7	BRONZE

# GLIMPSES

## ANNUAL ATHLETIC MEET 2023-24

