



Bunts Sangha's S M Shetty High School & Junior College

ISO 21001:2018 Certified



TESTIMONIALS THE ANNUAL SPORTS MAGAZINE



FIFTH EDITION : 5th February 2021

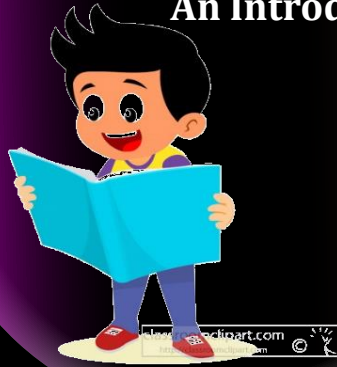
We Pledge

***We, the Students of
Bunts Sangha's S M Shetty High School & Junior College
pledge that in the name of all competitions,
we promise that we shall take part in the games
respecting & abiding by the rules
that govern them in the
true spirit of Sportsmanship
for the glory of the sport
and the honor of our team.***

The Sports Faculty



**Testimonials
An Introduction**



Principal's Insights



Highlights



Our Champions



Students' Corner



TESTIMONIALS – AN INTRODUCTION

The ladder of success is best climbed by stepping on the rungs of opportunity.

And we are climbing the ladder of success with the determination to help our students transcend in all the dimensions of their life.

The sports arena has undergone a phenomenal transition where initially the participation of students was limited to only interschool competitions.

The participation has increased multifold in the past ten years. And, with this, our Sports magazine has a lot more to offer. Our tears of joy, our struggles, the trials and tribulations have borne fruit in the form of the accolades that we have won.

The Testimonials, is in fact, a document of all that we have achieved and all that we have set out for ourselves. The features say it all. Right from the Highlights to our Hallmark achievements and our stars who climbed the victory stands, the Testimonials has it all.

PRINCIPAL'S MESSAGE



Ms. Seema Sabhlok

Sports do not build character. They reveal it Heywood Broun

Sports, games and Play has always been important in the life of a human being. The initial education or learning which happens by a child is not by studying alphabets or prose or poetry. Playing naturally to a child and it always stays with them. As we grow we give less importance to play and shift our focus to academics. We forget that importance of sports and games, we forget that playing games is an integral part of education. Where academic subjects gives us knowledge and will touch on our Intellect part of the brain. But for the all-round development we need more to it.

To have a balanced personality we need to learn and polish skills which are important in our life. Playing games or participating in sports teaches us many skills with much of effort as it is a practical learning for a child. Theories are important but experiencing the same is Impactful learning because every child applies those skills in reality. The Academic subjects at school are taught primarily in the classroom, sports and physical education provide a give great opportunity for children to head outside in open on the ground or field , get active, and they are able to focus on developing different skills.

The benefits of sports in education are vast, and they aren't just physical benefits. Sport positively impacts students in their academic progression and beyond. **Sports help students to : Stay Fit and healthy, Boost Self Esteem, Reduces Stress, Improves Sleep, Develop Team Spirit, Develop Leadership Skills, Instils Patience, Discipline and Perseverance**

Sports and Games should never be separated from the child's curricula as it has a great Impact on their learning. Sports have a positive impact which is beyond their physical exercises and can be of great advantage in their academic performance. One of the biggest challenge that the teachers face is to keep the child engage in their work and concentrate in their studies. A study from VU University in the Netherlands showed how exercising can improve the attention span of school pupils, and a report from the Pediatrics Journal showed how students who exercise after school can improve their executive control. Retention, learning and memory is due to the hippocampus of the brain. A study published in the Brain Research journal found that regular exercise helps hippocampus to grow. The consistent cardiovascular exercises help improve the brain function and memory. The sharper brains better is the retention, creativity is boosted and more active is the mind and body. The experiment and studies by Stanford University found an improvement in divergent thinking, which is concerned with out-of-the-box idea creation rather than identifying a correct answer to a question. When we give a balanced exposure to children of both Academics and Sports , we will have children with high capability to achieve positive results in the classroom – this is something which is supported by science. The University of Illinois found a strong relationship between the fitness of children and their performance academically.

Physical education is an integral part of any child's education. We need to inculcate the culture of sports in every child it teaches them to deal with the realities of life and help them to the Personality for the Nation building.

As Dan Gable says **“Gold Medals aren't really made of Gold. They are made of sweat, determination, and hard to find alloy called GUTS”.**

SPORTS : FACULTY



Mr. Swapnil Dound
Athletics
(Primary)



Ms. Surekha Lohar
(Pre - Primary)



Ms. Trupti Nevse
Kabaddi
(Primary)



Mr. Sanjay Nagalkar
Badminton
(Secondary)



Ms. Anjali Ambre
Volley Ball, Skating
(Primary)



Mr. Anil Pisal
Athletics , Table Tennis
(Secondary)



Ms. Anamika Nimkar
Volley Ball , Kabaddi
(Secondary)

SPORTS : EVENT MANAGERS



Ms. Nisha Upadhyay
(Pre - Primary)



Ms. Reena Joshi
(Pre - Primary)



Ms. Varsha Patil
(Pre - Primary)



Ms. Ramona Poojary
(Primary)



Ms. Nidhi Shetty
(Primary)



Ms. Reshma Rao
(Special Advisor)



Ms. Joyce Noronha
(Secondary)



Mr. Atish Chorge
(Secondary)

Our Mascot – Tom & Jerry



‘Tom and Jerry’, the iconic and titular comic characters who have been adored and idolized since inception for their rivalry have always been associated with the spirit of sportsmanship. The tussle between the iconic Cat Tom and charismatic Mouse Jerry is not a source of joy to watch for but also conveys a strong message. Selecting Tom and Jerry as our mascot has an underlined principle of never giving up come what may. Although they give a tough fight to each other when pitted against one other, but at the same time they become a strong team and make sure they win over together as a team combating their opponent in times of a challenging situation.

Our Mascot – Tom & Jerry

The same spirit is imbibed in our students. *“A true sportsman is one who adheres to all the rules set for the game and is willing to compete against anyone when in a one to one competition –be it his dear friend or his foe and on the other end teams up with each member of his team –leaving aside all disparity and prejudices, to see his team on the victory stand.”* Tom and Jerry are the best example to depict qualities like agility, problem solving, determination and tolerance.

Adding one more dimension to the sportsmanship domain is an important lesson learnt from our mascot, that - It’s not always the mightier one who wins as often we see Jerry winning over Tom.

Glimpses 2019 - 20

Our Institution celebrated the 21st Annual Sports Meet on 24th January 2020. The event was graced by Mr. Pratik Patil, along with the trustees from the Powai Education Committee and Bunts Sangha. The sports torch was lit outside D'Mart and carried to the sports arena by the sports teachers & the student council. By hoisting the Sports flag the sports activity commenced with the entry of the sports torch followed by the rally.

The **TAGORE HOUSE** won the **BEST MARCH PAST** presentation award and the **BEST HOUSE - SPORTS TROPHY** was bagged by **BHAGAT SINGH HOUSE**













BEST ATHLETES – PRIMARY SECTION

Std./Div.	Boy/ Girl	Name
I F	Girl	Miss Riva Nagpure
I C	Boy	Master Laksh Shetty
II E	Girl	Miss Riddhi Jain
II E	Boy	Master Aarush Jalgaonkar
III D	Girl	Miss Anvisha Shetty
III C	Boy	Master Ansh Vedpathak
IV D	Girl	Miss Noor Khan
IV B	Boy	Master Krishiv Nair
V D	Girl	Miss Laasya Shetty
V F	Boy	Master Avanpreet Singh

BEST ATHLETES – SECONDARY SECTION

Category	Name
Junior Boys	Master Irfan Khan
Junior Girls	Miss Sanvi Satre
Senior Boys	Master Mayuresh Bagayatkar
Senior Girls	Miss Anushka Jadhav
Junior Boys (Best Bowler)	Master Dipansh Mishra
Senior Boys (Best Bowler)	Master Arnav Kadam
Junior Boys (Best Batsman)	Master Smit Patel
Senior Boys (Best Batsman)	Master Avin Panackal
Junior Boys (Best Football Player)	Master Kush Kadpate
Senior Boys (Best Football Player)	Master Yash Nair
Junior Girls (Best Football Player)	Miss Dhruvi Shetty
Senior Girls (Best Football Player)	Miss Trusha Chheda
Girls (Best Bowler)	Miss Tanmay Sawant
Girls (Best Batsman)	Miss Tuba Khan



2021



SPORTS & NUTRITION

Sports nutrition focuses its studies on the type, as well as the quantity of fluids and food taken by an athlete. In addition, it deals with the consumption of nutrients such as vitamins, minerals, supplements and organic substances that include carbohydrates, proteins and fats.

Good nutrition is one of the keys to a healthy life. You can improve your health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. This includes fruits, vegetables, whole grains, dairy, and a source of protein.

Balanced nutrition and regular exercise are good for your health. These habits can help you lose or maintain weight. Try to set realistic goals. They could be making some of the small diet changes listed above or walking daily.

Sports Faculty



FROM THE DESK of SPORTS EVENT MANAGERS

“Fitness is not a destination, it’s a way of Life”

Participation in sports and other physical activities invariably has multifold benefits on children. The experience of being in lockdown for the past few months and with the growing popularity and interdependence on computers for online learning, killing boredom by playing video games and watching television incessantly have made the children very dormant in their lifestyle.

Where can a young, impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice, and accountability? Yes, the answer is “Sports”. Sports develops a sense of friendliness among the children and develops their team spirit too. It helps children to develop mentally and physically. Sports sculpts their body and makes it strong and active. Children should actively participate in sports to avoid lethargy and boredom. Sports has the tendency to improve their blood circulation and overall physical well-being. Hence sports education and awareness should be an integral and indispensable part of life of every youth.

Life is a gift. Never forget to enjoy and bask in every moment you are in.

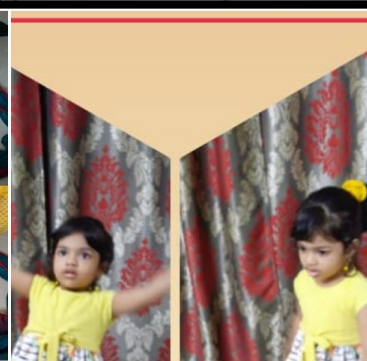
~ Celestine Chua

Pre Primary Section

Virtual Games - Intraschool

PRE - PRIMARY SECTION

	June	July	August	Sept.	Oct - Nov.	Dec. - Jan.	Sports Week
Nursery	Move like an animal	Target game, Stretching Exercise, Fast & slow exercise, Gross motor activity- Balancing Activity with handkerchief/scarf	Simon says, Yoga, Animal poses, Ping pong ball catch	Fun with a balloon, Indoor skating, Stretching Exercise	Yoga, Fun activity(Basket & Ball), Throwing & catching	Yoga Toss the balloon	- Freewheel gliding race (Individual) - Hum Saath Saath Hai (parent & child)
Jr. Kg.	Simon Says	Yoga, Exercise cum yoga poses, Target game, Memory game	Crossing midline exercise, Activity with handkerchief/scarf Stretching Exercise	Throwing & catching skills, Indoor golf, Exercise in square shape	Introduction of indoor games Badminton(DIY) Fun exercise in square shape	Toss the balloon	- Marble & Spoon Race (individual) - Dropping the balloon (parent & child)
Sr. Kg.	Body awareness activity	Crossing midline exercise, Move with me, Awareness of yoga, Brain Gym(Bim Bum Bidy)	Memory game, Dropping ball in basket, Ganesh Mudra	Book Balancing, Throwing & catching(bath mug & newspaper ball), Exercise in square shape	Introduction of indoor games Yoga Concentration activity(Bindi & Ball) Stretching Exercise Fun activity with ball & basket	Gross motor exercise Yoga	- Book Balancing (Individual) - hold the ball with back (Parent & Child)



Glimpses

Glimpses





Freewheel Gliding Race

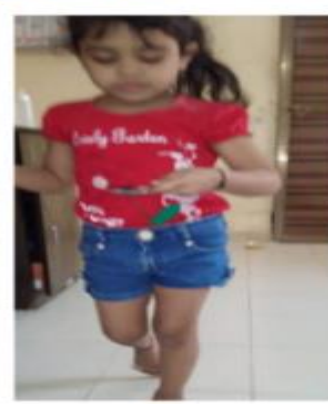


Glimpses

Glimpses



Marble & Spoon Race



Glimpses



Glimpses



Drop the Balloon

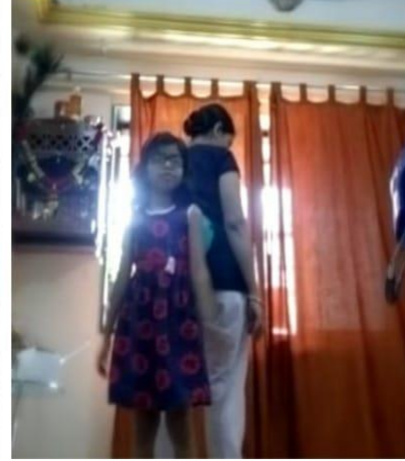
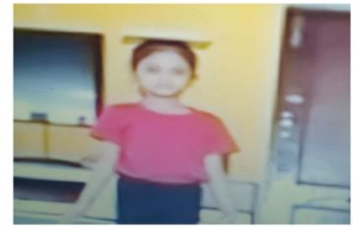




Holding Balloon with back support



Book Balancing



Glimpses



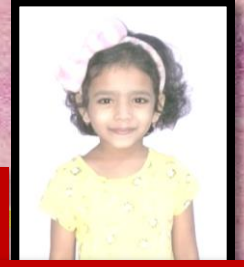
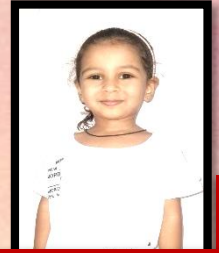
***Winners are
not people
who
never fail,
but people
who
never quit...***

Morning batch

**Master Pravith Shetty
(Nursery - B)**

Budding Champions

**Master Vihaan Shelar
(Nursery - A)**



**Master Shaurya Shetty
(Nursery - B)**



**Master Sarvesh Jadhav
(Nursery - A)**

**Miss Pavitra Dodia
(Nursery - A)**

**Miss Pranshi Patel
(Nursery - A)**

**Miss Shrushti Mane
(Nursery - B)**



Afternoon batch

**Master Naman Nishad
(Nursery - D)**

**Miss Sharanya Kalamkar
(Nursery - C)**



**Master Annhadd Singh Sokhi
(Nursery - C)**

**Master Vaibhav Panigrahy
(Nursery - C)**

**Miss Amayra Ojha
(Nursery - C)**

**Miss Izel D'Souza
(Nursery - D)**



Freewheel Gliding Race



Master Rudra Kothari & Mrs. Vaishali Kothari
Nursery - B



Master Vihaan Shelar & Ms. Swati Shelar
Nursery - A



Master Hridaan Patel & Mrs. Viral Patel
Nursery - A



Master Sarvesh Jadhav & Mrs. Shreya Jadhav
Nursery - A



Master Yuvraj Gurav & Mrs. Payal Gurav
Nursery - B



**Miss Kavya Mishra &
Miss Simran Mishra
Nursery - B**



**Miss Aarohi Waze &
Mrs. Roshni Waze
Nursery - A**



**Master Abdul Rahman Qureshi &
Mrs. Afreen Qureshi
Nursey - A**



**Miss Nidhi Sutar &
Mrs. Kavita Sutar
Nursery - A**

Champions

Hum Saath Saath Hain



**Master Dyaan Shetty & Mrs. Divya Shetty
Nursery - C**



**Miss Amayra Ojha & Mrs. Gyandevi Ojha
Nursery - C**



**Master Sanjit Khambadkone &
Mrs. Ragini Khambadkone
Nursery - D**



**Miss Sharanya Kalamkar &
Mrs. Saishree Kalamkar
Nursery - C**



**Master Vivaan Patil & Mrs. Shruti Patil
Nursery - C**



**Miss Ilma Ansari & Mrs. Zeenath Ansari
Nursery - D**



Afternoon batch

Morning batch

Master Samyantak Phodkar
(Jr. Kg. - C)

Miss Gia Shetty
(Jr. Kg. - A)

Budding Champions



Master Mohd. Saad Ansari
(Jr. Kg. - A)

1

Master Yadved Phapale
(Jr. Kg. - A)

3

Miss Taarika Shetty
(Jr. Kg. - A)

2

Miss Pariniti Suvarna
(Jr. Kg. - B)

1

3

Afternoon batch

Master Mohd. Umar Sayyed
(Jr. Kg. - F)

Miss Driti Amin
(Jr. Kg. - D)

Miss Aaira Shaikh
(Jr. Kg. - E)



Master Kriyansh Kothari
(Jr. Kg. - E)

2

1

Master Kavish Varma
(Jr. Kg. - E)

3

Miss Shivali Sharma
(Jr. Kg. - E)

2

Miss Niharika Mishra
(Jr. Kg. - F)

1

3

Marble & Spoon Race

Morning batch

Champions



**Miss Pariniti Suvarna & Ms. Saanvi Suvarna
Jr.Kg -B**

2



**Miss Srinidhi Chittari & Ms. Suzanne Chittari
Jr.Kg -B**

1



**Miss Ahanya Poojary & Mrs. Sulochana Poojary
Jr.Kg -B**

3

Afternoon batch



**Miss Riya Marghade & Mrs. Sonali Marghade
Jr.Kg -D**

2



**Miss Aditri Shetty & Mrs. Ambika Shetty
Jr.Kg -D**

1



**Miss Jiya Sangoi & Mrs. Divya Sangoi
Jr.Kg -D**

3

Dropping the Balloon

**Master Yadved Phapale & Mrs. Pratiksha Phapale
Jr.Kg -A**



**Master Utkarsh Yadav & Ms. Shraddha Yadav
Jr.Kg -B**



**Master Vihaan Sawant &
Mr. Uttam Sawant
Jr.Kg - C**



**Master Yusuf Chowdhary &
Mrs. Zarina Chowdhary
Jr.Kg - A**



**Master Aradhya Mohol &
Mrs. Sarika Mohol
Jr.Kg -B**

2

1

3

Dropping the Balloon

Master Nivaan Purohit &
Mrs. Harshita Purohit
Jr.Kg -D



Master Kriyansh Kothari &
Mr. Mahendra Kothari
Jr.Kg -E

Master Anshuman Chaubey &
Mrs. Kavita Chaubey
Jr.Kg E



Master Dherya Bhanushali &
Mrs. Reshma Bhanushali
Jr.Kg -D



Master Aarav Gupta &
Mrs. Manasi Gupta
Jr.Kg -D



2

1

3

Morning batch

Master Shaurya Burungale
(Sr. Kg. - B)



Miss Mahi Goswami
(Sr. Kg. - B)

Budding Champions



Master Rudransh Mishra
(Sr. Kg. - A)



Master Siddhant Amin
(Sr. Kg. - B)



Miss Devanshi Sachdev
(Sr. Kg. - C)



Miss Grishma Shinde
(Sr. Kg. - C)



Miss Dhruvi Hule
(Sr. Kg. - E)

2

1

3

2

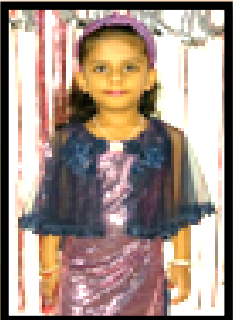
1

3

Afternoon batch



Master Navin Satwik
(Sr. Kg. - E)



Miss Tanishka Sharma (Sr. Kg. - F)



Miss Liza Nagpure
(Sr. Kg. - D)



Master Bhavyam Panchal
(Sr. Kg. - D)

1

Master Parv Kushwaha
(Sr. Kg. - E)

2

3

2

1

3

Book Balancing

Champions

Holding Balloon with Back



**Master Virat Patel &
Mrs. Parul Patel
(Sr. Kg. - B)**



**Miss Mahi Goswami &
Mr. Virendra Goswami
(Sr. Kg. - B)**



**Master Harsh Patni &
Mrs. Ramila Patni
(Sr. Kg. - C)**



**Miss Aadhya Mogaveera &
Mrs. Asha Mogaveera
(Sr. Kg. - B)**



**Master Utkarsh Shrivastava
& Mr. Ramachandra
Shrivastava (Sr.Kg. - C)**



**Miss Grishma Shinde &
Mr. Rahul Shinde
(Sr. Kg. - C)**



Morning batch

Champions

Holding Balloon with Back



**Master Nirvaan Gowda &
Mrs. Supriya Gowda
(Sr. Kg. - F)**

**Miss Jia Poojari &
Mr. Sachin Poojari
(Sr. Kg. - F)**



**Master Satwik Navin &
Mrs. Manju Navin
(Sr. Kg. - E)**

**Miss Meher Kaur Badwal &
Mrs. Kulvinder Kaur Badwal
(Sr. Kg. - E)**



**Master Ayaan Siddique &
Mrs. Nisa Siddique
(Sr. Kg. - D)**

**Miss Shubhangi Ray &
Mrs. Kalpana Ray
(Sr. Kg. - F)**



Afternoon batch

Highlights – International Yoga Day

PRE – PRIMARY SECTION



The posture
in yoga
were
developed
by looking
closely at
nature &
the animals
living in it.

Yoga helps
us to
concentrate
&
channelise
our energy.





FROM THE DESK of SPORTS EVENT MANAGERS

“ THE BODY ACHIEVES WHAT THE MIND BELIEVES ”

Everyone is aware of the fact that exercise is good for the body but did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more?

Exercise is not just about aerobic capacity and muscle size. No doubt, exercise can improve one's physical health and physique and even add years to life but that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharp memory and feel more relaxed and positive about themselves and their lives. It also acts as a powerful medicine for many common mental health challenges.

One need not be a fitness fanatic to reap the benefits. Research indicates that modest amount of exercise can make a world of difference. Irrespective of age and fitness level, one can learn to use exercise as a powerful tool to cope with things, improve stamina and outlook, and get more out of life.

PRIMARY SECTION

PRIMARY SECTION

Students' Council 2020-21



Master Krishiv Nair
Head Boy



Miss Zinneerah Khan
Head Girl



Master Tanush Shetty
School Sports Captain



Master Reyansh Poojary
Deputy Head Boy



Miss Samruddhi Sabale
Deputy Head Girl



Master Sufiyan Shaikh
House Captain



Miss Shruti Thakur
Deputy House Captain



Miss Lavya Shetty
Sports Captain



Miss Moksha Kankaria
House Captain



Miss Saloni Das
Deputy House Captain



Master Arpit Singh
Sports Captain



Master Jitesh Jha
House Captain



Miss Anusha Jain
Deputy House Captain



Miss Prateeksha Poojary
Sports Captain



Miss Priyanka Patel
House Captain



Miss Oeshika Bhowmik
Deputy House Captain



Master Hrishit Shetty
Sports Captain

Student Name	Post	Link for the video
Master Krishiv Nair	Head Boy	https://drive.google.com/file/d/1-ucZz2e4F0HJfNEsmoZNf2uzaEUQgPwV/view?usp=sharing
Miss Zinneerah Khan	Head Girl	https://drive.google.com/file/d/1chJLT4YYNDnw9M6vLXN6QWTLkWCqQMq/view?usp=sharing
Master Tanush Shetty	School Sports Captain	https://drive.google.com/file/d/1jcQsmFcluW_2gMA7X28DaKqVDQvJdh-k/view?usp=sharing
Master Reyansh Poojary	Deputy Head Boy	https://drive.google.com/file/d/1ozIDlmhNTiuTEHw8N5WnG9UOlparek0X/view?usp=sharing
Miss Samruddhi Sabale	Deputy Head Girl	https://drive.google.com/file/d/1Rub3V5mMHLSBlqExQ89B1vFnNyzVjh22/view?usp=sharing
Master Sufiyan Shaikh	House Captain	https://drive.google.com/file/d/1DGoyg-NYZ4n1BK9DPc3vXRvr2qZMQ8X5/view?usp=sharing
Miss Shruti Thakur	Deputy House Captain	https://drive.google.com/file/d/1wzG1Xjg653LIYVqzV5INYixIMq40ngXq/view?usp=sharing
Miss Lavya Shetty	Sports Captain	https://drive.google.com/file/d/1iB1wXnOmoBbmdMoYcvBP6SbRnUSGN_uW/view?usp=sharing
Miss Moksha Kankaria	House Captain	https://drive.google.com/file/d/1wS95HTthOP4spWfyGRj39N5CN7TNAK_lm/view?usp=sharing
Miss Saloni Das	Deputy House Captain	https://drive.google.com/file/d/1DSNbXrJg29Jc1MX1B_jQWWai5KcY6fQ-/view?usp=sharing
Master Arpit Singh	Sports Captain	https://drive.google.com/file/d/1GUDhpTsrMOlYuA64jpbZeL4bMYadYD2E/view?usp=sharing
Master Jitesh Jha	House Captain	https://drive.google.com/file/d/1Ko6ZZrx-mUUN8yWXWm6rsnNLZ1OYpnL/view?usp=sharing
Miss Anusha Jain	Deputy House Captain	https://drive.google.com/file/d/1v-YSqKTHmlfPWXwl4Ni4NCVBnCAuZ85q/view?usp=sharing
Miss Prateeksha Poojary	Sports Captain	https://drive.google.com/file/d/1teOmtSB0NKE6F6WL0LaC71m8VJmFdjZL/view?usp=sharing
Miss Priyanka Patel	House Captain	https://drive.google.com/file/d/1jNSQIDGKmxrtVArNOu9aSgTp3aPcEORb/view?usp=sharing
Miss Oeshika Bhowmik	Deputy House Captain	https://drive.google.com/file/d/1Hor1m59WG7Mu-f2Qj94dxb6KmNUXvyWX/view?usp=sharing
Master Hrishit Shetty	Sports Captain	https://drive.google.com/file/d/1mwAhlJ5tS22Gcfme32j85h_MZlakyXWq/view?usp=sharing

Virtual Games

PRIMARY SECTION

	June	July	August	Sept.	Oct	Nov.	Dec.	Jan	Feb - March
I & II		Ring & the bottle	Simple Yogasana child pose, triangle pose, tree pose, raised arm pose, forward bend	Agility Drill using Glasses	Cardboard Activity	Table of exercises Sitting & Standing	Concentration Exercises, Quiz competition	Dribbling Activity	Suryanamaskar & Gymnastics
III	Pop up game	Cardboard Activity	Yoga - Padmasana, vajrasana, cobra pose, virabhadrasana, supta vajrasana	Ball Game (Catch & Throw)	Agility Drill using glasses		Concentration Exercises, Quiz competition	Dribbling Activity	Suryanamaskar & Gymnastics Table of exercises Sitting & Standing
IV	Fitness Exercises	Aiming on the target activity	Yoga	Various type of Jumps	Agility Drill using glasses		Concentration Exercises, Quiz competition	Dribbling Activity	Suryanamaskar & Gymnastics Table of exercises Sitting & Standing
V	Physical Fitness Workout	Paper Fitness	Yoga	Various type of Jumps	Agility Drill using glasses		Concentration Exercises, Quiz competition	Dribbling Activity	Suryanamaskar & Gymnastics Table of exercises Sitting & Standing

Virtual Games – Sportsfest

PRIMARY SECTION

Class	Events	
I	<ul style="list-style-type: none">• Collecting Rajma Beans With Pointer Finger From One Bowl To Another• Cup Rearranging• Throw, Clap and Catch	Jumping Jacks
II	<ul style="list-style-type: none">• Sorting Out Different Beans [Blindfold]• Rearranging Colours• Eating Biscuits Without Using Hands	Alternate Squats with partner
III	<ul style="list-style-type: none">• Folding of Clothes• Airplane Throw on a Target• Nose Dive	Alternate side sit ups with partner
IV	<ul style="list-style-type: none">• Blowing & Bursting of Balloon• Card Building• Cup Rearranging	Modified Push ups
V	<ul style="list-style-type: none">• Flip the bottle• Yank Me• Ball Game Event with Parent	Sit ups

Glimpses



Collecting Rajma Beans



Rearranging the cups



Throw, Clap & Catch



Rearranging Colors



Sorting out different beans



Folding of Clothes



Eating Biscuits

Glimpses

Glimpses

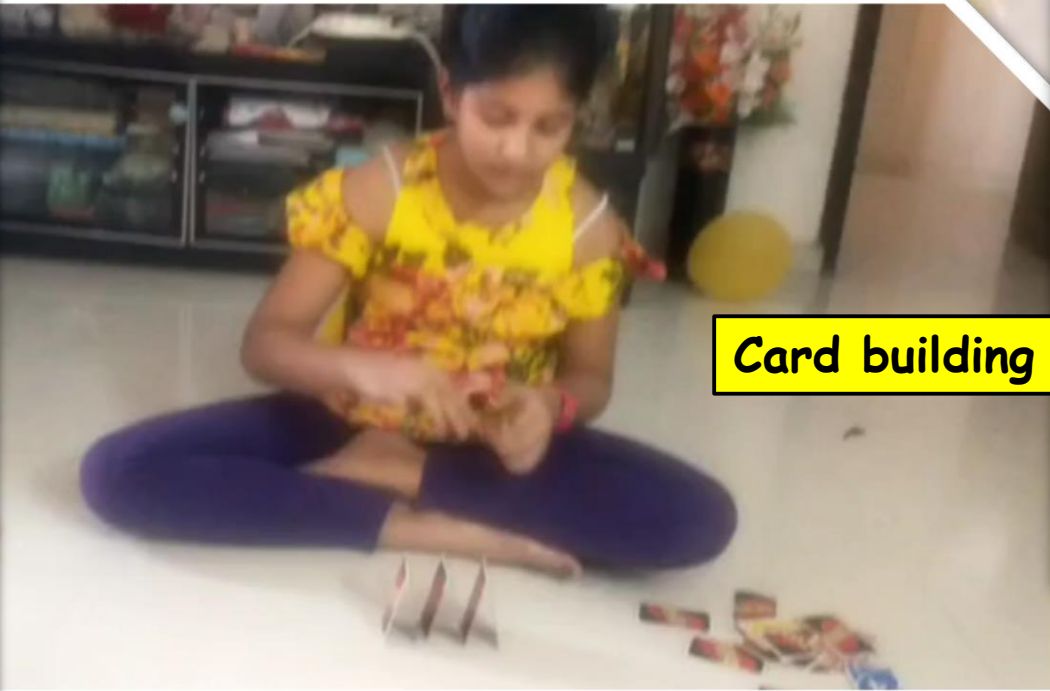


Blowing & bursting the balloon

Aeroplane on target



Nose Dive



Card building

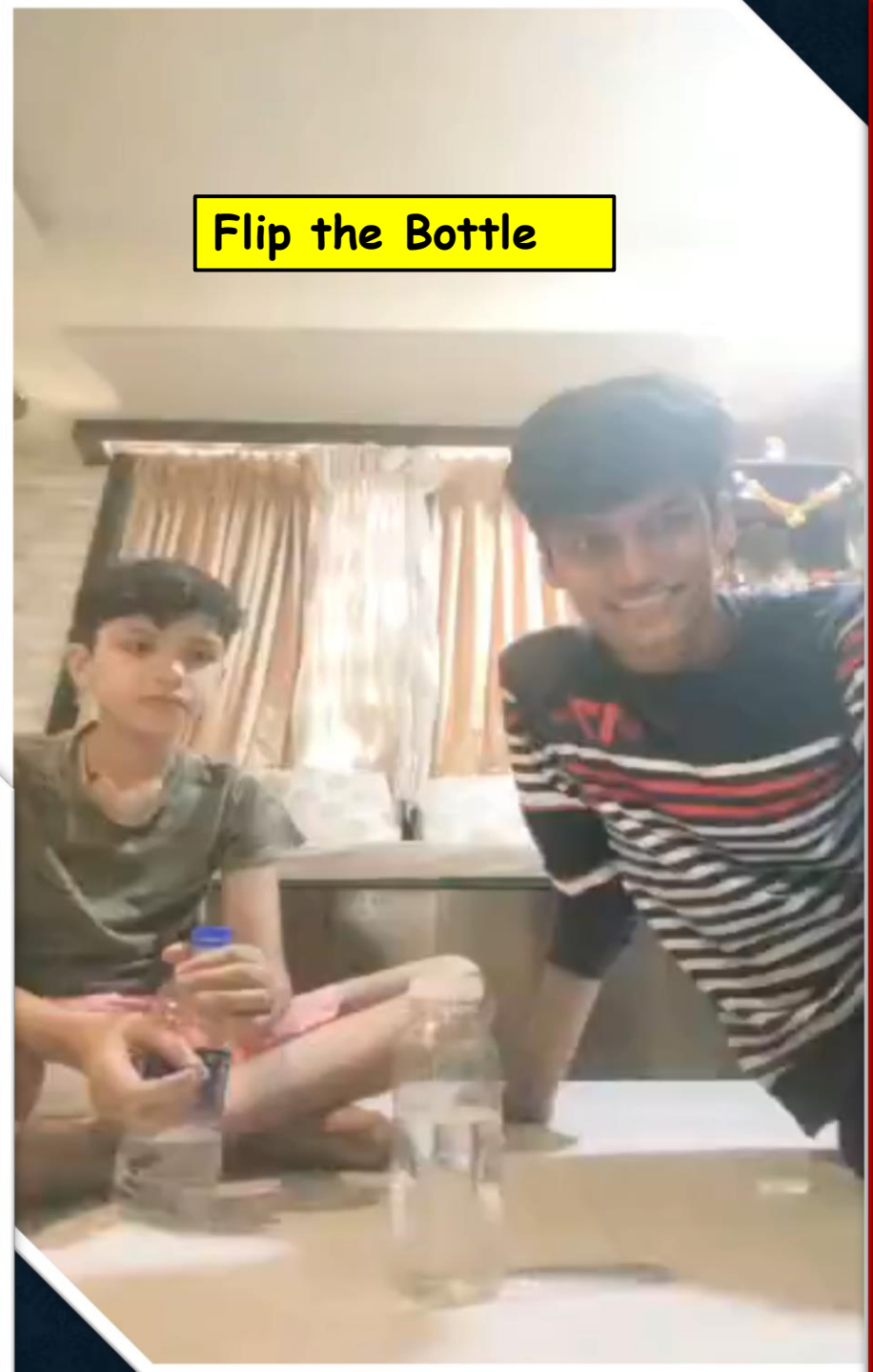
Rearranging the cups



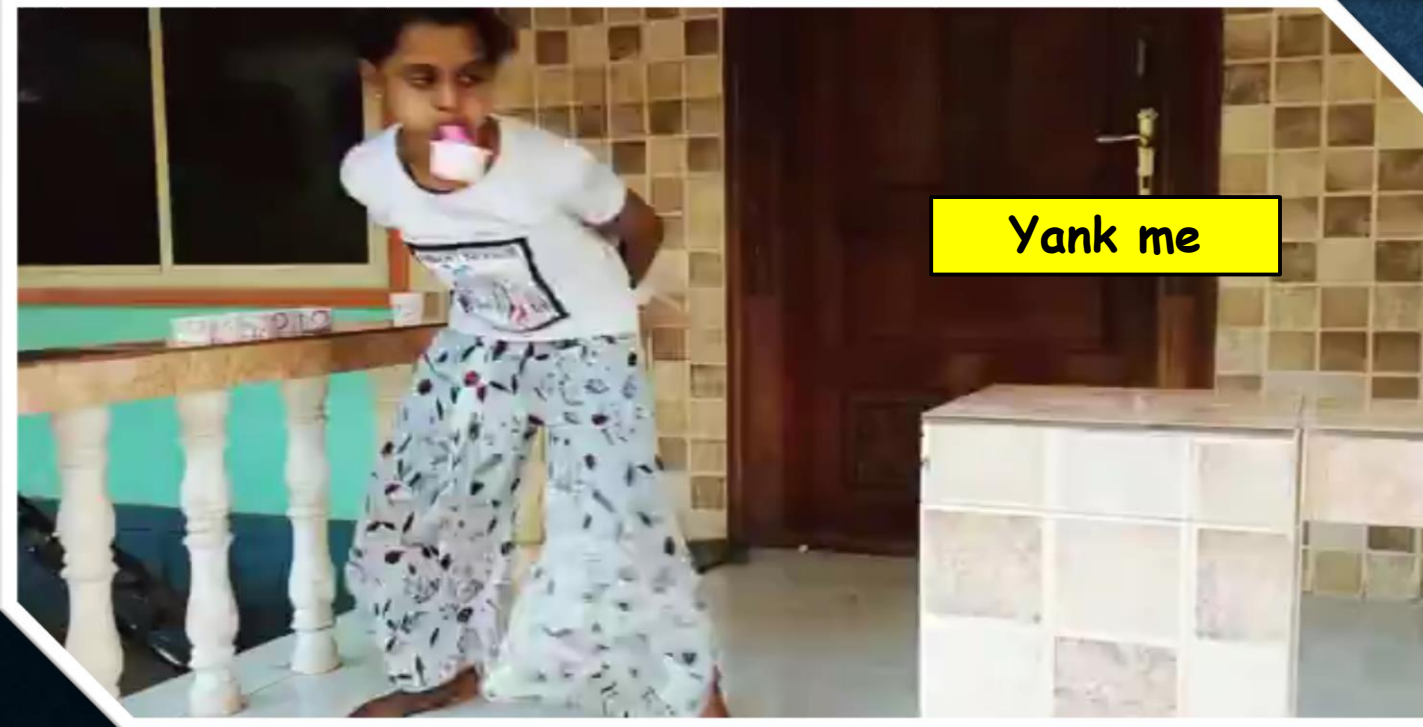
Balloon game



Flip the Bottle



Yank me



Glimpses

Event Name	Class	Link for the video
Collecting Rajma Beans With Pointer Finger From One Bowl To Another	I	https://drive.google.com/file/d/1p2KMRZBo8PBp8Y5dc4tdJEHAuy-0eK7Z/view?usp=sharing
Cup Rearranging		https://drive.google.com/file/d/1oNPLV4kYOHqBu-EE9e9A-QRaJC5lcmJK/view?usp=sharing
Throw, Clap and Catch		https://drive.google.com/file/d/1c8HkJ5vVjhirvalYFh-kmuT7wirmi6-l/view?usp=sharing
Sorting Out Different Beans [Blindfold]	II	https://drive.google.com/file/d/1y_25NIQBNYpYaL0qto27673bC5-K6xe5/view?usp=sharing
Rearranging Colours		https://drive.google.com/file/d/1SCtNhDWiXA6dl8tQs5Tp5xKJJzQxYyM2/view?usp=sharing
Eating Biscuits Without Using Hands		https://drive.google.com/file/d/1pNJTfvgITMhFAwY5_ypLYT0W1e86lfNZ/view?usp=sharing
Folding of Clothes	III	https://drive.google.com/file/d/1yJWVcP9rsFIftd0VQubbgoZ81MdtX43P/view?usp=sharing
Airplane Throw on a Target		https://drive.google.com/file/d/1V3fKzJSX1mPca4xAlpdi5bYZ7bX0aqSy/view?usp=sharing
Nose Dive		https://drive.google.com/file/d/1bEvDMk_iYQLb2lhXQH_eZHxLSH5yACqR/view?usp=sharing
Blowing & Bursting of Balloon	IV	https://drive.google.com/file/d/1y18drm4fqqiVVMj_QMAWXUBLkHtvrOmP/view?usp=sharing
Card Building		https://drive.google.com/file/d/1lVudv_S2gh-_P6pL2IMFdO5iT1-CPgmv/view?usp=sharing
Cup Rearranging		https://drive.google.com/file/d/1TeGhsfesKanAkCNU0bDBSO-YRSTB5fdj/view?usp=sharing
Flip the bottle	V	https://drive.google.com/file/d/1CCqXr7APfc2L4CVpp4qyuiEr8W8lb2XX/view?usp=sharing
Yank Me		https://drive.google.com/file/d/1yrUw0NSGs5eQK0uzxaIGft5QX4ZShjw0/view?usp=sharing
Ball Game Event with Parent		https://drive.google.com/file/d/1Z1T_myEGoNenSPVuQYJmYdm2r6wfH7y6/view?usp=sharing



***Victory is
always
possible for
the people
who refuses
to stop
fighting...***

Highlights - Intraschool

PRIMARY SECTION

The Master Blaster Cricketer Quiz Competition



Miss Sahasra Mylavarapu
I - C



Master Rishik Shetty
I - B

2

1



Master Abriel Panackal
I - B

3

Master Mohd. Affan Malik
I - E



Miss Tvisha Shah
I - D

2

1



Master Yajat Patil
I - E

3

Highlights - Intraschool

PRIMARY SECTION

The Football Super League Quiz Competition



Master Adam Khan
II - B



Master Ved Karale
II - C



Miss Purvi Gaonkar
III - A



2

1

3

Master Uzer Wasim Mulla
II - F



Miss Avni Shinde
II - E



Master Aayush Narkar
II - F



2

1

3

Highlights - Intraschool

PRIMARY SECTION



The Badminton Quiz Master Competition

Miss Swara Ghule
III - B



Master Jivesh Sharma
III - A



Miss Aaryashree Padmakumar
III - A



2

1

3

Miss Ditya Dixit
III - D



Master Ethan Gonsalves
III - D



Miss Zia Shah
III - F

2

1

3

Highlights - Intraschool

PRIMARY SECTION

The Chess Grandmaster Competition



Miss Ashna Sreejesh
IV - C



Miss Aditi Chalke
IV - B



Master Aabheek Dawale
IV - B

2

1

3

Miss Anusha Jain
IV - D



Master Vihaan Shetty
IV - D



Miss Suhani Patel
IV - E

2

1

3

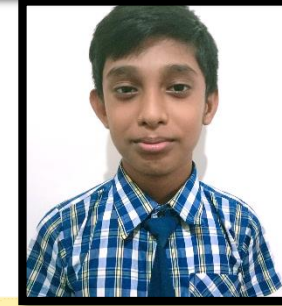
Highlights - Intraschool

PRIMARY SECTION

The Quizzards of Kabaddi Competition



Master Ujjwal Thakur
V - C



Miss Prapti Shetty
V - C

Master Mayank Tiwari
V - B

2

1

3

Miss Rashmi Phadnis
V - E



Master Amol Gandhar
V - F

Miss Simran Sharma
V - E

2

1

3



Ibrahim Ansari
I - A



Delisha Joshi
I - D



Shreya Pednekar
I - C



Tasmai Patel
I - B



Jivika Kankariya
I - C



Zohaar Siddiqui
I - F

Cup Rearranging

Collecting Rajma Beans With Pointer Finger From One Bowl To Another

Champions



Tvisha Shah
I - D



Sharanya Shetty
I - E



Shivin kumar
I - E

Throw, Clap and Catch

Champions

Rearranging Colours



Mohita Devadiga
II - E

2



Swaraj Redkar
II - A

1



Navya Kartik
II - A

3

Sorting Out Different Beans [Blindfold]



Yukta Dhamanaskar
II - C

2



Darshit Mudaliyar
II - F

1



Vishwa Durgude
II - B

3

Champions

Eating Biscuits Without Using Hands



Nashrah Rawther
II - C

2



Affan Siddhiqui
II - E

1



Maria Shaikh
II - A

3

Champions

Aeroplane Throw on a Target



Siddha Sanghavi
III - E

2



Jiya Jain
III - C

1



Devasya Rane
III - F

3

Folding of Clothes



Spandan Todkar
III - F

2



Ditya Dixit
III - D

1



Asmi Patil
III - A

3

Champions

Nose Dive



Mayank Kavire
III - B

2



Keyaan Shaikh
III - E

1



Bhagesh Padre
III - F

3

Champions

Card Building



Nandani Hegde
IV - A



P. Vedha Reddy
IV - B



Nishit Jadhav
IV - B

Blowing & Bursting of Balloon



Sakshi Kamble
IV - A



Shruti Thakur
IV - C



Trisha Shetty
IV - D

Cup Rearranging



Anvisha Shetty
IV - D



Anusha Jain
IV - D



Kritika Krishnakumar
IV - E

Champions

Champions

Flip the bottle



Darsh Parekh
V - D



Tanush Shetty
V - A



Aarav Sunil
V - D

Ball Game Event with Parent



Naysha Savla
V - B



Gandhar Gosavi
V - F



Aariz Nandolia
V - D

Champions

Yank Me



Prapti Shetty
V - C



Pratheeksa Poojari
V - F



Zennerah Khan
V - A



Naisha Shetty
V - A

Champions



Naitik Shetty
I - A

2



Sarthak Dhuri
I - C

1

**Jumping
Jacks**



Sajeeri Ghag
I - B

3

Champions



Ayaansh Patil
I - F

2



Akshat Tiwari
I - F

1

**Jumping
Jacks**



Delisha Joshi
I - D

3



Sara Mukadam
II - C

2

**Alternate Squats
with partner**



Yukta Dhamanaskar
II - C

1



Naithik Rai
II - A

3



Tavish Hegde
II - D

2

**Alternate Squats
with partner**



Avni Priya Ajay Kumar
II - F

1



Yash Gengaje
II - F

3



Rudula Patil
III - B



Poojith Shetty
III - B



Trisha Suvarna
III - A

2

Alternate side sit
ups with partner

3



Ethan Gonsalves
III - D



Riانشi Shetty
III - E



Bhagesh Padre
III - F

2

Alternate side sit
ups with partner

3

Champions



Rajvi Kandalkar
IV - B



Manthan Rajpurohit
IV - C



Karthr Patel
IV - A

2

Modified
Push ups

3



Ayush Shetty
IV - D



Reyansh Poojary
IV - E



Hrishit Shetty
IV - D

2

Modified
Push ups

3



Prapti Shetty
V - C

2



Chhavi Sharma
V - B

1

Sit ups



Atharv Indulkar
V - B

3



Pratheeksha Poojari
V - F

1

Sit ups



Ovi Kadam
V - D

3

PARTICIPATION : PRIMARY SECTION



Miss Gatha Darne



Master Abdul Malik

Participation in the Nisarg Run Marathon 2020 Organised by Nisarg Santha Mumbai



Miss Swara Yadav

Participation in Semi Advanced Category Chess competition organized by Checkmate Chess Academy Mumbai

• Played U12 MCA, - U12 selection tournament from Achievers Club.
• Regularly playing U12, U14, & U16 tournaments.
• 19.01.21 at Ghansoli, Ved played inter club 30 over match and he scored 101 runs..with not out



Master Ved Tendulkar

Participation in the National Sports Day Run 2020 Organised by Bunts Sangha's Higher Education Institutions Mumbai.



Miss Khushi Sharma



Miss Prapti Shetty

Champions

Champions

FROM THE DESK of SPORTS EVENT MANAGERS

“ All work and no play makes Jack a dull boy ”

All work and no play makes Jack a Dull Boy” states the importance of play, recreation, rest and spending leisurely time in our life. If any person does too many mental tasks and is unable to take some time out of a busy schedule for recreation, the mind will automatically turn lazy and dull. Such people lose their interest in work and even invite mental and physical illness to their body.

Most of us know or have heard the above proverb once or more in lifetime. Our childhood memories consist of saying by our parents, "First complete your homework or else I won't allow you to go to play". Still we managed to steal some time from our parents and did all those naughty but definitely useful stuff for the sake of recreation and fun. What about our present life and how does the above proverb fit into our lifestyle?

Human beings have been made in such a way that they cannot always keep working. They require relaxing and recreating themselves at regular intervals. Working everyday becomes monotonous and exhausting and thus people require holidays to get some relief.

Talking about students, after finishing their examinations, they give up studies for some time to sit back and relax. During class hours, students tend to study hard but at free time, they opt for playing indoor and outdoor games. If the student is asked to study in continuous fashion without any break, he/she may find studying tedious and lose interest in it.

Work tires our mind and body which is the reason we wish to take a break to play or spend leisurely time with our loved ones.

Taking up a sport is a way that can help us in bringing a change to our dull and boring life. It not only makes us meet new people and build society but also improves our social and mental skills. Team sports like football and tennis develop leadership skills whereas indoor sports help in learning ways through which we can control our emotions of winning and losing.

For children, taking a sport in a competitive level can help them in making better results in academics. They learn how to manage work and competitive spirit in a healthier manner. Sadly, play areas have been reduced in many cities as sports have not been considered as a lucrative career or necessity for adults.

In the past few years many corporates have taken initiative by organising sports events and competitions among themselves to promote physical fitness among employees and team members. This initiative has even helped in developing infrastructure through corporate funding. Besides football and cricket other sports like hockey, badminton, kabaddi etc. are also breaking out with formation of local clubs and league competitions.

Games are a vital part of human development and under any circumstances it shall not be diverted from daily life schedule. According to me, proper balance in daily work and play can prove advantageous in many ways, but life without play will surely generate a fatal to human life.

SECONDARY SECTION

SECONDARY SECTION

Students' Council 2020-21



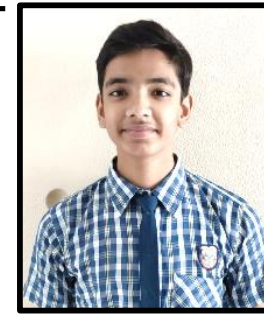
Mast. Aarya Edkee
Head Boy



Ms. Vaibhavi Ajila
Head Girl



Mast. Sean Gonsalves
School Sports Captain



Mast. Preet Kothari
Deputy Head Boy



Ms. Shriya Mehendale
Deputy Head Girl



Ms. Divika Sodah
House Captain



Mast. Keval Jasani
Deputy House Captain



Mast. Parth Zagade
Sports Captain



Mast. Dhanush Shetty
House Captain



Ms. Dhruvi Shetty
Deputy House Captain



Ms. Disha Amin
Sports Captain



Mast. Atharva Nagalkar
House Captain



Ms. Ananya Devasper
Deputy House Captain



Ms. Anushka Jadhav
Sports Captain



Ms. Niharika Mansotra
House Captain



Ms. Pratistha Singh
Deputy House Captain



Mast. Jayush Shetty
Sports Captain

Student Name	Post	Link for the video
Mast. Aarya Edkee	Head Boy	https://drive.google.com/file/d/1ljiUwB3WJ8QzEyEuYjh5DwqUrtuyCoh/view?usp=sharing
Ms. Vaibhavi Ajila	Head Girl	https://drive.google.com/file/d/1YTD6MA0P_9So3ME769MMYhH_dkLLV-FS/view?usp=sharing
Mast. Sean Gonsalves	School Sports Captain	https://drive.google.com/file/d/16V95xJwASNh5W9Xn6SZZQZ7mCzQ3r9wZ/view?usp=sharing
Mast. Preet Kothari	Deputy Head Boy	https://drive.google.com/file/d/1q_JZ5lQhCbqJ_sN6-0nnZyhCydctV_oo/view?usp=sharing
Ms. Shriya Mehendale	Deputy Head Girl	https://drive.google.com/file/d/1wOuibLJ-Yzr44DrDJHtRCNSzBXZds6Sg/view?usp=sharing
Ms. Divika Sodah	House Captain	https://drive.google.com/file/d/19AuOh359WkgqV4yzeUqXfhl_LBn8Ex57/view?usp=sharing
Mast. Keval Jasani	Deputy House Captain	https://drive.google.com/file/d/146RIOPyif6rfqdappN1h7oWUSrSoiGuJ/view?usp=sharing
Mast. Parth Zagade	Sports Captain	https://drive.google.com/file/d/1m92WRo1-izF9KVRhAauXLMXjVvXjiVOy/view?usp=sharing
Mast. Dhanush Shetty	House Captain	https://drive.google.com/file/d/1JxweqSbN2Gowqt33P0atflt794NqTLSe/view?usp=sharing
Ms. Dhruvi Shetty	Deputy House Captain	https://drive.google.com/file/d/1CKf1YYIE6BxNoPVEO8JOfzOtOe1ng--/view?usp=sharing
Ms. Disha Amin	Sports Captain	https://drive.google.com/file/d/1BoWtR6liPP3lvDxnzG7QGlzVmixYLz7p/view?usp=sharing
Mast. Atharva Nagalkar	House Captain	https://drive.google.com/file/d/1l_wCHnPT8yMQI5mVOLiAN1Ucbnk_oWV/view?usp=sharing
Ms. Ananya Devasper	Deputy House Captain	https://drive.google.com/file/d/1AQQEhcvWjKAYLux0E0sj8CRq-6phrqme/view?usp=sharing
Ms. Anushka Jadhav	Sports Captain	https://drive.google.com/file/d/1ArmvNBxqi9jFMcdjf1-SVFEQf4Bjv-5z/view?usp=sharing
Ms. Niharika Mansotra	House Captain	https://drive.google.com/file/d/1VYY764W-RUiuF8sNkMEPACl_4EWCcotL/view?usp=sharing
Ms. Pratistha Singh	Deputy House Captain	https://drive.google.com/file/d/1TCHjso_w5l7Mc_UdmHdR1A45Clc5l9SP/view?usp=sharing
Mast. Jayush Shetty	Sports Captain	https://drive.google.com/file/d/1QSeBWaOmRjUtth4XerMWCZDT6u6oJYC-/view?usp=sharing

Virtual Games - Intraschool

SECONDARY SECTION

Suryanamaskar



Skipping



Chess



Skipping with parents

Sack Race



Catch the marble



Flip the Bottle

Three legged race



Carom



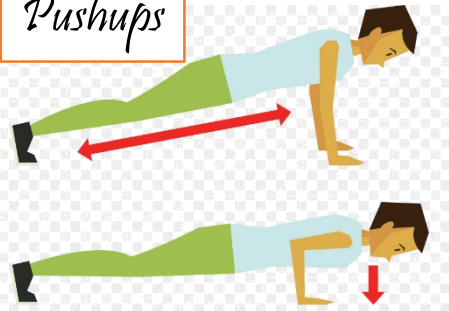
Situps



Vrikshasan



Pushups



Running



Search the Coin

Carry the kid on your back





Vrikshashan



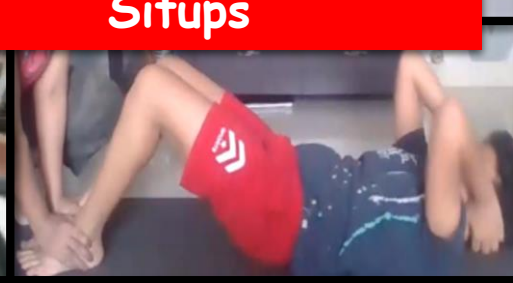
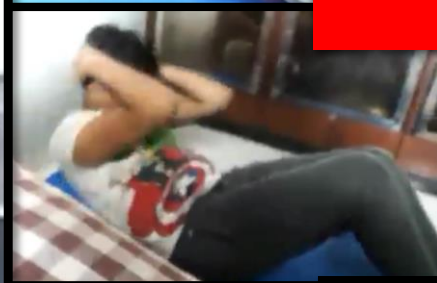
Catch the Marble



Suryanamaskar



Situps



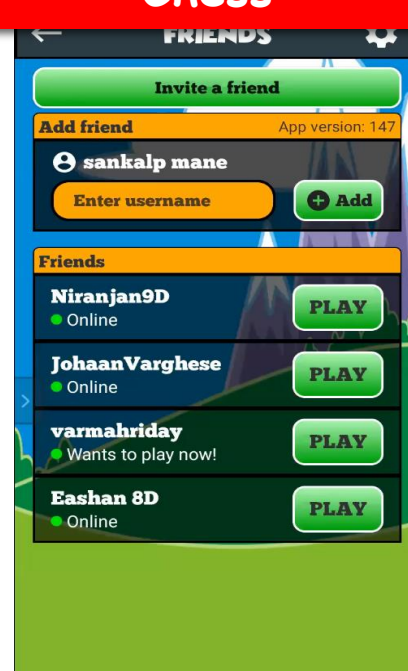
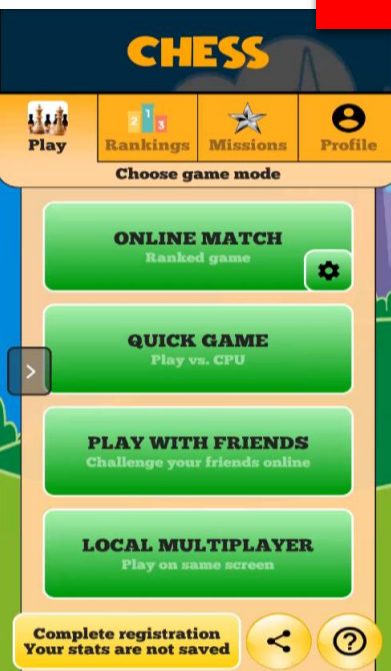
Pushups

Secondary Section

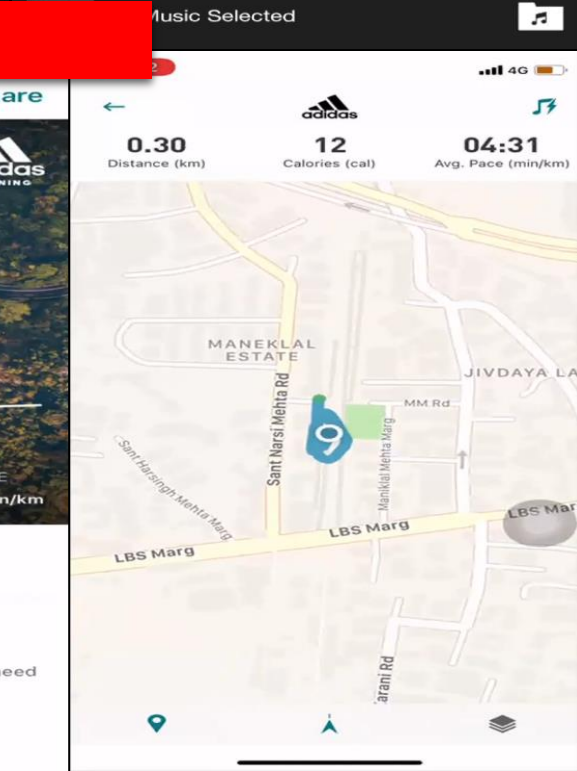
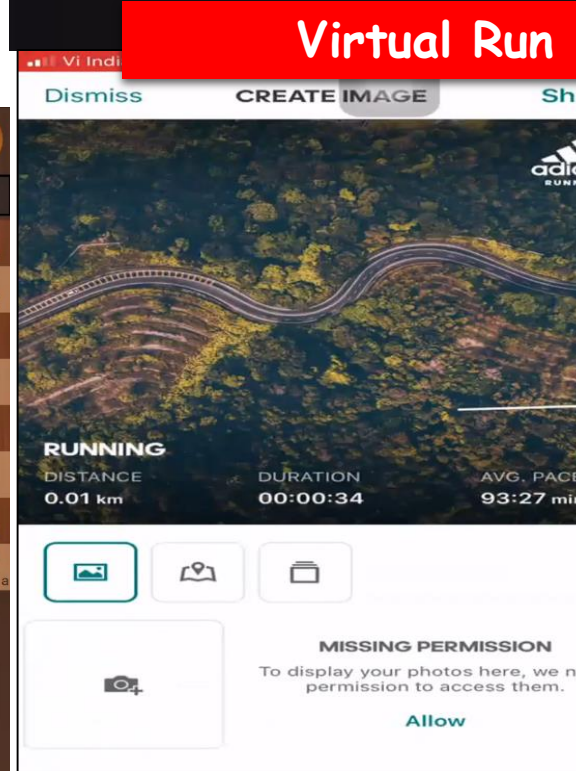
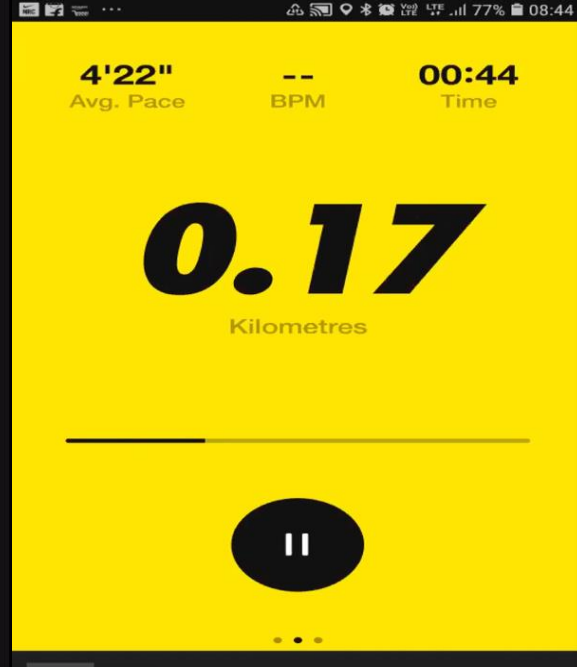
Event Name	Category	Link for the video
Skipping with Parents	Junior Boys & Girls Senior Boys & Girls	https://drive.google.com/file/d/1DNkX4YhUX-udgsfvow0Z4kcE8KVxJgZe/view?usp=sharing
Sack Race		https://drive.google.com/file/d/1Y-H8Lb-R6sS2mBNkR-5Q4gxo7mFiZahp/view?usp=sharing
Three legged race		https://drive.google.com/file/d/1cm6dj54NkMJ7vu6WVrBLWG-Skil3vr5q/view?usp=sharing
Flip the bottle		https://drive.google.com/file/d/1dsHMSQHxK8Gruc9R6uYM0xcvnilpJiNe/view?usp=sharing
Carry the kid on your back		https://drive.google.com/file/d/1u7uXN4Jb1HmRDNBxCEfpaHv1TKnAvqqF/view?usp=sharing
Search the coin		https://drive.google.com/file/d/1X9GS2N_Al6RKymw_9kgmXALUk0Eva_oQ/view?usp=sharing
Catch the marble		https://drive.google.com/file/d/1p33bNbgN9dJK_gCs2Mm3Dz73Vec-HCbN/view?usp=sharing
Suryanamaskar		https://drive.google.com/file/d/1Bk7qt9VQ8aVgKKClnbkZrpxPsCLa_rLM/view?usp=sharing
Vrikshasan		https://drive.google.com/file/d/1gj08CtOs69OtCXAK8oYHdbvCtSJ-sTyU/view?usp=sharing
Push ups		https://drive.google.com/file/d/14UC60TndML5bo-jluKg8Zgg1SEke_DOC/view?usp=sharing
Sit ups		https://drive.google.com/file/d/1kOg3bcjqO6GaTSgVJDMnV3dXVjc0JIRW/view?usp=sharing
Skipping		https://drive.google.com/file/d/1apFxtwECEdzG6Nx98ML_nrxwcJLRPj5o/view?usp=sharing



Carrom Chess



Virtual Run





*Only he
who can see
the invisible
can do the
impossible...*

Three legged Race - Junior Boys Category



2

Om Lohot - VI D



1

Parv Jain - VI F



3

Dhyhan Patel - VII A

Three legged Race - Junior Girls Category



2

Charvi Patil - VII D



1

Paridhi Mehta - VII D



3

Avani Bhandary - VII D

Three legged Race – Senior Boys Category



2

Ved Patel - IX B



1

Atharva Nagalkar - IX D



3

Prince Gaud - IX E

Three legged Race – Senior Girls Category



2

Abhisha Shetty – VIII D



1

Shamita Shetty – IX A



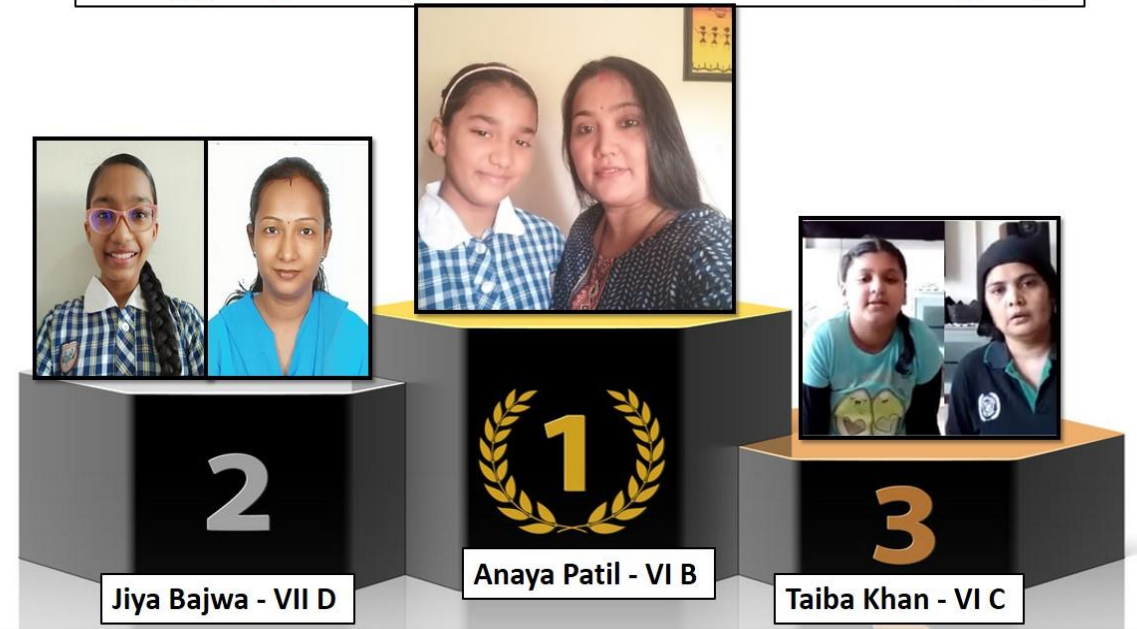
3

Adveeka Sriram – VIII D

Skipping with parents – Junior Boys Category



Skipping with parents – Junior Girls Category

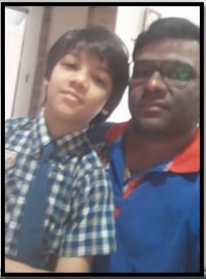


Skipping with Parents – Senior Boys Category



Skipping with Parents – Senior Girls Category





Jinay Dhami – VI C



Om Lohot - VI D



Het Hariya - VI F



Anaya Patil - VI B



Anika Nair - VID



Niyati Ganotra - VII B



Carry your Ward – Junior Boys Category

Carry your Ward – Junior Girls Category



Dhruvi Shetty - VIII D



Shamita Shetty – IX A



Arya Edkee - IX D



Carry your Ward – Senior Girls Category

Carry your Ward – Senior Boys Category

Sack race – Junior Boys Category



Darshil Shejwal - VI B



Dhyan Patel - VII A



Vedant Mahindrakar - VII A

Sack race – Junior Girls Category



Drishti Chavan - VII A



Akansha Verma - VI A



Tanishka Gosavi - VI D

Sack race – Senior Boys Category



Murli Menariya - VIII B



Atharva Nagalkar - IX D



Soham Arondekar - VIII B

Sack race – Senior Girls Category



Yatee Sharma - VIII E



Sameena Dalvi - IX D



Apurva Thakur - IX D

Flip the Bottle – Junior Boys Category



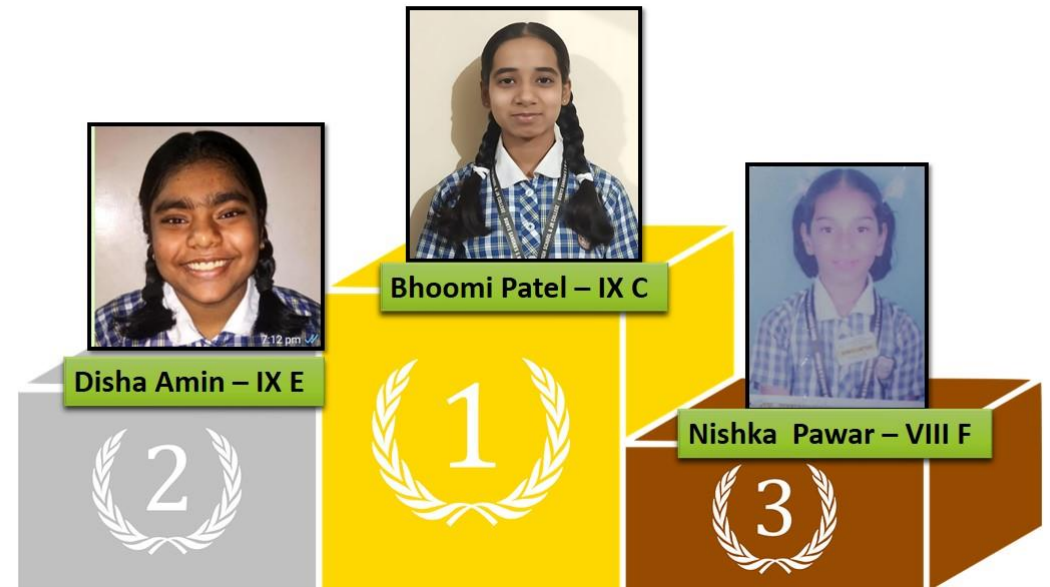
Flip the Bottle – Junior Girls Category



Flip the Bottle – Senior Boys Category



Flip the Bottle – Senior Girls Category



Find the Coin – Junior Boys Category



Nitinkumar Verma - VI C

2



Rishi Poojary – VI A

1



Sai Tavhare – VI A

3

Find the Coin – Junior Girls Category



Fatima Mandviwala - VII D

2



Drishti Chavan - VII A

1



Trisha Shetty - VII E

3

Find the Coin – Senior Boys Category



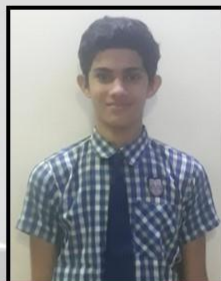
Kartik Patil - VIII C

2



Akkshit Jethva – VIII D

1



Aditya Jain – VIII A

3

Find the Coin – Senior Girls Category



Arpita Singh - VIII D

2



Diya Shetty – VIII D

1



Sakshi Shetty - VIII F

3

Dus ka Dum Challenge

Sports department of secondary section had given a challenge for all teachers to walk 10 km in 10 days during Diwali Vacation between 11th to 20th November 2020. Many enthusiastic teachers including our Vice Principal and Coordinator madam accepted this challenge. They used various mobile apps like Strava, Nike Run Club, Adidas etc. to record their walk using GPS signal. They walked for small distance everyday and end up walking 10 km or even more in 10 days. Teachers took screenshots of their walk from their mobile and shared it on sports email ID as a record. Mr. Anil Vishwakarma walked more than 10 km per day and walked 123 km altogether. Results was declared after Diwali vacation on 24th December.



WALK-A-THON 2020

Mr. Anil Vishwakarma
123.37 Km



Ms. Joyce Noronha
31.89 Km



Ms. Sharon Sequeira
23.08 km



Participation

Ms. LYDIA FERNANDES
10.96 km

Ms. LALITA KADAM & Ms. ANAMIKA NIMKAR
10.00 km

Ms. RESHMA RAO
9.57 km

Mr. AKHILESH SINGH
4.92 km



Miss Divika Sodah
House Captain



Mast. Keval Jasani
Deputy House Captain



Ms. Shiney Sabastin
(House Master)



Mast. Parth Zagade
House Sports Captain



Mr. Anil Vishwakarma
(Asst. House Master)



Bhagat Singh House

Interschool – Special Achievers

SR	NAME	STD	DIV	LEVEL	SPORTS	SR	NAME	STD	DIV	LEVEL	SPORTS
1	Prena Prajapati	IX	E	National Level Selection Trails	Athletics	10	Prena Prajapati	IX	E	State Level	Virtual Marathon
2	Akshad Raj	IX	D	National Level Selection Trails	Athletics	12	Lakshmi Sharma	VIII	C	State Level	Virtual Marathon
3	Avin Panackal	X	B	National Level Selection Trails	Athletics	13	Kimiksha Singh	X	D	District Level	Kick Boxing
4	Mayuresh Bagayatkar	X	E	State Level	Virtual Marathon	14	Abisha Shetty	VIII	D	District Level	Best Athlete Award – Under 14
5	Shourya Dalvi	X	C	State Level	Virtual Marathon	15	Jayush Shetty	IX	A	District Level	Best Athlete Award – Under 14
6	Johan Mathew	VI	E	State Level	Virtual Marathon	16	Avin Panackal	X	B	State Level	Best Athlete Award – Under 16
7	Abhisha Shetty	VIII	D	State Level	Virtual Marathon	17	Tanush Shetty	V	A	District Level	Best Athlete Award – Under 10
8	Sanvi Satre	VIII	C	State Level	Virtual Marathon						
9	Akshad Raj	IX	D	State Level	Virtual Marathon						

Interschool – Achievements					Athletics
Category	Event	Organiser	Level	Conducted On	Result
Under 12, 14 & 16 Years	'TRACKNIGHTS'	Track Blazer Sports Academy	State	25 th & 26 th January 2020	Our School Athletes won total 26 Medals
Boys Under 16					Master Avin Panackal won overall Best Athlete Award in Boys U16.
Under 12, 14 & 16 Years	7th Inter School Annual Athletic Meet	Marol Athletic Sports Association	District	19 th February 2020	Our School WON Best Athletic School Championship by Winning 55 Medals
Boys Under 14					Master Jayush Shetty won Inter school overall Best Athlete Award in Boys U14
Girls Under 14					Miss Abhisha Shetty won Inter school overall Best Athlete Award in Girls U14.
Male Category	Virtual Marathon Competition – 2 KM RUN CATEGORY	Siddhivinayak Yuva Sanstha, Titwala	State	15 th August 2020	1 st Place - Mayuresh Bagayatkar
Female Category					2 nd Place - Shourya Dalvi
	3 rd Place - Johan Mathew				
	2 nd Place - Abhisha Shetty				
	3 rd Place – Sanvi Satre				
Male Category	Virtual Marathon Competition – 6 KM RUN CATEGORY				1 st Place - Akshad Raj
Female Category	Virtual Marathon Competition – 8 KM RUN CATEGORY	1 st Place - Prena Prajapati			
		2 nd Place - Lakshmi Sharma			

Interschool – Achievements**Athletics**

Category	Event	Organiser	Level	Conducted On	Result
Male Category	Virtual Marathon Competition, (Under Khelo India, Fit India Movement) - 1 KM RUN CATEGORY				2nd Place - Dhyan Patel
Female Category	Virtual Marathon Competition, (Under Khelo India, Fit India Movement) - 1 KM RUN CATEGORY	Bunts Sangha Mumbai, Anna Leela College of Commerce and Economics and Shobha Jayaram Shetty College for BMS, Kurla	State	29th August 2020	2nd Place - Abhisha Shetty
					4th Place - Disha Devadiga
	Virtual Marathon Competition, (Under Khelo India, Fit India Movement) - 3 KM RUN CATEGORY				2nd Place - Sanvi Satre
					3rd Place - Prena Prajapati
	Virtual Marathon Competition, (Under Khelo India, Fit India Movement) - 5 KM RUN CATEGORY				5th Place - Lakshmi Sharma

Interschool – Achievements

Athletics

Category	Event	Organiser	Level	Conducted On	Result
Girls Under 16	Athletics Selection Trails	Maharashtra Athletics Association	State Level Selection Trails	14th January 2021	Prena Prajapati - 1st Place in 800meter race, 3rd Place in 2000 meter race and she was selected for next round
Girls Under 14					Miss. Lakshmi Sharma secured 4th Place in 600 meter race
Girls Under 14					Miss. Abhisha Shetty Secured 5th Place in 100 meter Race
Boys Under 18					Master. Akshad Raj Secured 4th Place in 800 meter Race
Boys Under 16					Master Avin Panackal was selected for 80 meter Hurdle Race
Girls Under 16			National Level Selection Trails	21st January 2021	Miss. Prena Prajapati secured 10th place in 800 meter Running Race
Boys Under 18					Master. Akshad Raj secured 12th in 3000 meter running race
Boys Under 16					Master. Avin Panackal secured 8th Place in 80 Hurdles Race

'TRACKNIGHTS' by Track Blazer Sports Academy					
Sr No	Name	Age Group	Level	Event	Medal
1	Lakshmi Sharma	Girls U12	State Level	300m	Bronze
2	Mayuresh Bagayatkar	Boys U 14	State Level	Long Jump	Silver
				Mixed Relay	Silver
				Relay	Silver
3	Jayush Shetty	Boys U 14	State Level	Relay	Silver
				Mixed Relay	Silver
4	Sean Gonsalves	Boys U 14	State Level	Relay	Silver
5	Akkshit Jethva	Boys U 14	State Level	Relay	Silver
6	Abhisha Shetty	Girls U14	State Level	Mixed Relay	Silver
				Relay	Silver
7	Prena Prajapati	Girls U14	State Level	300m	Bronze
				Relay	Silver
				Mixed Relay	Silver
8	Sanvi Satre	Girls U14	State Level	Relay	Silver
9	Radhika Sawal	Girls U14	State Level	Relay	Silver
10	Avin Panackal	Boys U 16	State Level	60m Hurdles	Gold
				Relay	Silver
	Won Best Athlete Award			Long Jump	Silver
				Mixed Relay	Silver
				120m	Silver
11	Akshad Raj	Boys U 16	State Level	Mixed Relay	Silver
12	Rushil Patil	Boys U 16	State Level	Relay	Silver
13	Ashourya Dalvi	Boys U 16	State Level	Relay	Silver
14	Ayush Santosh	Boys U 16	State Level	Relay	Silver
15	Saachi Acharya	Girls U16	State Level	Mixed Relay	Silver
16	Mugdha Chothve	Girls U16	State Level	Mixed Relay	Silver

7th Annual Inter School Athletic Championship									
Sr. No.	Name	Age Group	Level	Event	Medal				
1	Aumkar Sharma	Boys U 12	District Level	Shot Put	Bronze				
				80m	Silver				
				50m	Bronze				
				100m Relay	Gold				
2	Dhyan Patel	Boys U 12	District Level	100m Relay	Gold				
3	Adit Odayil	Boys U 12	District Level	Shot	Silver				
4	Yash Kadam	Boys U 12	District Level	100m Relay	Gold				
5	Pranit Dawale	Boys U 12	District Level	100m Relay	Gold				
6	Mohangi Ugale	Girls U12	District Level	100m Relay	Gold				
7	Jiya Patel	Girls U12	District Level	100m Relay	Gold				
8	Charvi Patil	Girls U12	District Level	100m Relay	Gold				
9	Lakshmi Sharma	Girls U12	District Level	100m Relay	Gold				
				200m	Bronze				
				50m	Bronze				
				80m	Silver				
10	Jayush Shetty	Boys U 14	District Level	200m Relay	Gold				
				50m	Gold				
				Won Best Athlete Award					
				80m	Gold				
11	Sean Gonsalves	Boys U 14	District Level	200m	Gold				
				200m Relay	Gold				
				50m	Silver				
				80m	Silver				
12	Akkshit Jethva	Boys U 14	District Level	200m	Silver				
				200m Relay	Gold				
				13	Bhavishya Wagh	Boys U 14	District Level	200m Relay	Gold

7th Annual Inter School Athletic Championship

Sr. No.	Name	Age Group	Level	Event	Medal
14	Abhisha Shetty	Girls U14	District Level	200m Relay	Gold
				50m	Gold
				80m	Gold
				200m	Bronze
Won Best Athlete Award					
15	Anushka Jadhav	Girls U14	District Level	200m Relay	Gold
16	Radhika Sawal	Girls U14	District Level	200m Relay	Gold
17	Dhruti Rai	Girls U14	District Level	200m Relay	Gold
18	Prena Prajapati	Girls U14	District Level	200m	Gold
19	Rushil Patil	Boys U 16	District Level	200m	Bronze
20	Mugdha Chothve	Girls U16	District Level	200m Relay	Silver
				200m	Silver
21	Saachi Acharya	Girls U16	District Level	200m Relay	Silver
				50m	Silver
				80m	Silver
22	Madhura Chothve	Girls U16	District Level	200m Relay	Silver
23	Dimple Prajapati	Girls U16	District Level	200m Relay	Silver

Interschool – Achievements

Category	Event	Organiser	Level	Conducted On	Result
CHESS					
Boys Under 16	Online Chess Competition	Billabong High Int. School.	District Level	12th December	Master. Dhanush Shetty, IX-B, Secured 20th Rank out of 60 participants.
KICK BOXING					
Girls Under 16	Kick Boxing	Mumbai Suburban District Kick Boxing Association	District Level	21st December	Miss. Kimiksha Singh Secured Gold Medal and she got selected for next round

Interschool Event Achievement

Sr. No.	Name of the Event	Number of Students Participated	Medals		Total
			State	District	
1	Athletics	30	43	46	89
2	Kickboxing	1	0	1	1
3	Chess	2	0	0	0
	Total	32	43	47	90

Inter school overall Best Athlete Award at the District Level



Miss. Abhisha Shetty



Master Jayush Shetty



Master Tanush Shetty

Selected for National Level Selection Trails



Miss Prena Prajapati



Master Akshad Raj



Master Avin Panackal

Inter school overall
Best Athlete Award at the
State Level

CROWNING GLORY OF THE INSTITUTION

On 2nd May, 2020, Mast. Avin Panackal was nominated for the Live Program 'An Evening with National Sports Champions' on FACEBOOK, which was hosted & Organised by Dr. Harish Shetty.

Ms. Yashvi Shetty, XB, Completed 100 km Challenge in a Month and received a Trophy

Miss. Prena Prajapati, Mast. Akshad Raj & Mast. Avin Panackal were selected for Athletics National Level Selection Trails.

An Up-Side in the Lock-Down ...



I am Ram's Father. Being a Chartered Accountant and in general in love with work, I hardly get any time to spend with Ram. Though Covid - 19 lock down period was the toughest for many of us for one or the other reason, one good thing which happened was, I was able to take out some dedicated time for Ram. I was able to attend school with him on some days which I enjoyed a lot. I could teach him, which is one of my hobby, phonics, blending or tricky words, take his revision on EVS and what not.

But what we thoroughly enjoyed & I know Ram would also concur to it, was playing carrom along with his Mother. I mean, the excitement and the zeal would explode in every action of Ram. Every Saturday in the morning after the Breakfast, we used to have at least 9-10 games in Carrom. We used to have a riot whenever we played Carrom. Off course in the Process he learnt how to play Carrom, but the moments & memories were priceless.

As the things are coming back to normalcy, though I am not able to devote a dedicated time to Ram, I feel these are the very precious years of childhood through which these children are going. The more time we give them, the more we get in return - "The Joy". The lockdown really turned out to be an upside for me at least!!!

Mr. Pradeep Padekar
Parent of Ram Padekar
(Sr.kg D)

Family time during LOCKDOWN...



With Coronavirus cases increasing rapidly across the world, India had imposed a strict lockdown to control the spread. Our daughter Aanvi Nair aged 5 years then, who typically spent between three to four hours in a structured learning environment away from home, was stuck indoors for months, with no outdoor activities and no social interactions. In such a time, we tried adopting ways to keep her busy and productive, helping us spend quality time together as families. We played board games such as carom, Ludo, snake & ladder. She accompanied us while we played cards in the evenings. She learned to play (X/O), Zenga was her all-time favorite. Couple of coloring, drawings with mom were her favorite too. We used to take turns to do daily chores while we made sure she was busy playing with either one of us or her grandma. Post ease of lockdown we slowly started taking her to our terrace where she played Tag (Catch-Catch) games. She now enjoys attending virtual classroom where her teachers help her groom better by providing quality education, learnings through audio visuals, arts & crafts, dance, yoga and other physical exercises.

Mr. Roshan Nair
Parent of Aanvi Nair
(Sr.kg D)

Sports! Still think it's a waste of time?

Parents these days are usually against their kids playing sports. A common reason for this is because they think it's a waste of time. They'd prefer that their kids spend time studying and getting the 1st rank rather than play a sport from time to time.

If this is you, here are 5 reasons that will change your mind:

1. It keeps your children fit-

Playing a sport will help kids stay active. Thereby enabling them to stay fit and build endurance. It also contributes to reducing body fat and keeping them at a healthy level. Furthermore, it helps strengthen bones and build muscle.

2. It's great for mental health-

Playing sports and being active helps reduce depression and anxiety. Furthermore, researchers have found that children who play sports have fewer emotional and behavioral problems. It has also been found that kids who participate in sports have lower chances of having issues with substance abuse.

3. It builds their social skills-

Playing a sport will aid in the development of children's interpersonal skills and enables them to learn the importance of teamwork. It also contributes to the development of leadership and communication skills. Furthermore, it will help them form friendships with ease.

4. Learn how to take a win or loss-

Competition is a given in sports, and kids will work hard and strategize to get a win. While it may seem to be demotivating to get a loss after working hard, it will teach them humility and understand that winning and losing is a part of life. This will further enable them to take risks and face challenges of the world head on.

5. Confidence-

Participating in sports will help children build their confidence. While they may not always win, hearing their teammates cheering them on and seeing their hard work pay off will boost their self esteem. Furthermore, it will teach them the importance of hardwork. It will also motivate them to set goals and take on new challenges.

Last thoughts...

We're in a world where being obese is considered normal. Things like anxiety and depression have taken center stage. By encouraging your children to play sports, you are helping them build character and have a balanced life.

Ms. Kavita Sachdev

Parent of Devanshi Sachdev.

(Sr. Kg C)



During this pandemic year, we all are attending online classes from home. I know that everybody is missing their school days, but after the pandemic will over, we will surely go to schools. As our teachers are trying to make our virtual classes interesting, they are conducting many activities and competitions for us. There is a class called community class wherein parents and students, both can join this class. In these classes P.E, dance, music, art classes are there. In regular classes of 3 hours, we study with our friends and in this class only students can only join. I know you would like community classes more as in this period it is full of enjoyment and fun. And as competitions are conducted for students, teachers are also having fun with the activities. So stay safe till the pandemic ends.

Krishiv Nair

VB (Head Boy, Primary Section)

I am in Yellow House. This year I took part in Music Competition, Suryanamaskar, Carrom and Skipping Events. There was a rule that we can't take part in more than 3 events. That's because everyone should get a chance and that's a good thing. I felt happy taking part in all the competitions. I enjoyed a lot.

All competitions were held live on Zoom. If we were in school, we would have taken live in front of everyone but as this year we were not able to go but we still did it. Yes, some people had some network issues but still everyone managed to be present. That taught us that nothing is impossible. When there was no lockdown, the competitions were held every month but nothing changed even though everything was online and I'm happy about that.

Before ending this article, I suggest everyone to take part in competitions because they are very fun.

-- Ramayani Pakhare V9 F



"Physical Fitness is not only one of the most important keys to a healthy body it's the basic of dynamic and creative intellectual activity"

As we all know P.E is an extremely important class that every school should have.

The way everything is going virtually can P.E also go virtually?

The answer is

Yes it is done by our school!

Our school has started P.E community classes in which we enjoyed a lot especially my parents. Each and every class becomes interesting when we use different household items for our activities. In the absence of school equipments our teachers planned the activities in such a way that by using the available materials at home, we can keep our body fit and healthy.

"It is not necessary that where we are, it is necessary that from where we are taking knowledge and who is giving us knowledge"

Keeping our physical fitness in mind. I am very much thankful to our school and teachers for starting P.E community classes that too in an interesting way.

Thank you!

Zinnerah Khan

VA (Head Girl, Primary Section)

"The Pain You Feel Today Will Be Your Strength Tomorrow"



It brings me great honor to introduce myself as the sports captain for academic year 2020-21. A key attribute of this position is representation, the act of speaking and acting on behalf of someone. I feel that to adequately represent something, you have to have a good understanding of it. This opportunity allows me to be approachable to everyone as I have created good relationship across many areas of school, it increases my opportunity to understand and prompt issues that may arise.

The year 2020 was a year that taught me a lot of things. On the outbreak of COVID-19, we were requested to stay at home, maintain social distancing, sanitize our hands and take other preventive measures. The world economy had shut down, schools were closed, and many people lost their jobs.

I am a professional athlete. It was tough during the first 3 months of total lockdown as we were not allowed to go out, to go to practice. My coach, Anil Pisal sir then came as a rescuer and suggested me workout plans and so I followed it. Those few months went too tough for me as I wasn't able to go out and run. So after the long lockdown, when the parks and grounds were opened, it felt weird running as I had lost that habit of running. It took some time to get used to it. Online schooling had started. Nominations for the student council also began. I was then elected as the School Sports Captain. It was a great achievement for me as I always had that desire to become a sports captain. At first, honestly, I felt that being a sports captain will be easy. But it wasn't. As a sports captain, I had to coordinate with other council members whether they are facing any difficulty or any confusion among them that I can solve.

I even had to take part in various competitions to motivate other students. Our school had conducted various online sports events such as virtual marathons, carom, and chess events. I even had to host a couple of events which was a learning experience for me.

Along with these, I had to manage school work, make presentations for school as well as class projects, notes, exams, and a lot of stuff. Slowly and gradually I got used to it. I even had to manage my practice time as I did not want to skip any of them

"Today pain, tomorrow gain". Even though 2020 was a tough time, I refused to give up. Tough times will come in your life, what's the fun in life without failure and challenges? Some people say that "You are already a winner, that's why you are able to stay positive." and most of the time I would reply that "Every champion was once a contender that refused to give up. I am still a contender. There are several competitions that I didn't win. But I took those failures positively and worked hard to make it my success."

This lockdown taught us many things. I would like to thank my coach Anil Pisal sir and all the teachers of my school for motivating and encouraging me and for helping me to grow, to stay fit and healthy during this lockdown. Always remember "STARS CAN'T SHINE WITHOUT DARKNESS"

Stay safe. Stay healthy. Stay fit.

Sean Gonsalves

9 D (Sports Captain)

Spectrum of Victory

Everything is designed. Few things are designed well.

Bunts Sangha's S M Shetty High School and Junior College designs, strives and spearheads to fulfill its mission '**Personality Development for Nation Building**' in every realm of education. The curriculum is designed and tailor-made for the students to become involved in activities beyond just study, as this helps in developing confidence, knowledge and networks. And we believe that to WOW, we must differentiate ourselves, which means do something a little unconventional and innovative. So we endeavoured to do something that's above and beyond what's expected. Yes, we are proudly celebrating the Annual Sports Meet on February 5, 2021 albeit on a virtual platform

We did not let anything, even the pandemic, for that matter, come between us and our passion to stay fit and achieve our goals. Sports was not left behind.

The **Investiture Ceremony** was conducted with great aplomb and our students' leaders were blessed to have their badges pinned on to them by their proud parents. All of us witnessed this with pride.

It is what we do daily, that shapes our character. We grabbed the opportunity of the lockdown to fine tune ourselves by holding the **Community classes**. These Classes were conducted in the evening for students and their family members by Primary and Secondary Section P.E Teachers. It was one of the most important Social initiatives taken by us to reach out to all our near and dear ones. . Parents and Students learnt fitness lessons and information about various sports and games during these classes.

Contd...

Children learn as they play. Most importantly, in play children learn how to learn. We play and evolve together, exploring our talents together. This academic year every home was **enlivened with the spirit of our little champs of Pre - Primary section, showcasing their participation in the Virtual Games like Target game, Throwing & catching skills, Move with me.**

Life's a celebration. And we celebrate life with full zest. Sports being an integral part of our curriculum was celebrated with a whole week as **'Sports Fest'** in all the sections.

The Sports Fest was a week of enthusiasm and excitement for the budding champs wherein they participated along with their parents. The Involvement of the parents boosted the children's spirit.

The laughters and shouts of joy were shared by our Primary students with their families as our stars of the **Primary section** participated in various virtual games, fitness exercises, Target activities and Yoga.

Our Primary Section PE Department created a Platform for students by conducting Quiz Competitions for Cricket, Football, Badminton, Chess and Kabaddi, thereby fusing learning with play creatively.

Many of our champs participated in the Inter school Virtual and Offline events and won laurels. **Mast. Ved . S. Tendulkar (V B) has done us proud by scoring a century in the Inter Club Match with Not - out 101 Runs. On February 19, 2020, Mast. Tanush Shetty won the Inter school overall Best Athlete Award in Boys U10 Category.**

Contd...

We missed our school campus, the lush green beautiful ground, the shrill yet pleasing sound of the whistles, but we continued with achieving what we wanted to. We walked our way to good health with our fitness apps counting our steps towards victory. All our teachers participated in the **Count your steps** Holiday regime.

Sports were conducted with the click of the mouse. Fit bands and all. Technology paved its way making us innovate our activities to a different level. Safety has always been our norm. Social distancing did not keep us away from being active. Whether it was Carrom or Skipping, all the Inter House Sports activities were conducted diligently and enthusiastically.

A Special gesture of gifting was done in a very innovative way by our teachers.

As our students were at home and missing their Inter House Sports Competitions, our Secondary Section Sports Department became Live Santas and gifted 15 virtual LIVE Inter house sports events like Push Up Competition, Virtual Run, Skipping, Chess, Carrom, Yoga to showcase their talent by using various apps.

Our actions are the ground we walk on. We transcended all boundaries and won laurels. In the 7th Interschool Annual Athletic Meet conducted on 19th February, 2020, our school won the **Best Athletic School Championship** by winning **55** medals. **Mast. Jayush Shetty** won Inter school overall **Best Athlete Award** in Boys U14. **Ms. Abhisha Shetty** won Inter school overall **Best Athlete Award** in Girls U14 at District Level.

On 25th & 26th January, 2020 In the First Night State Level Athletic Competition, conducted at the Sports Authority of India Ground, Kandivali, our school secured a total 26 Medals and **Master Avin Panackal** won the overall **Best Athlete Award** in Boys U16.

Contd...

To raise the banner of our institution high, is the crowning glory for our champs. And they have done us proud. Our champs have made it. On 2nd May, 2020, Mast. Avin Panackal was nominated for the Live Program 'An Evening with National Sports Champions' on FACEBOOK, which was hosted & Organised by Dr.Harish Shetty.

Ms. Yashvi Shetty, XB, Completed 100 km Challenge in a Month (August) and received a Trophy. On January 14, 2021, In the State Level Athletics Selection Trails Competition conducted by Mumbai Suburban Athletics Association, Ms. Prena Prajapati Secured the 1st Position in 800 meter run & 3rd Place in 2000 meter race, Miss. Lakshmi Sharma secured the 4th Place in 600 meter race and Miss. Abhisha Shetty secured the 5th Place in 100 meter Race. Ms. Prena Prajapati (800m run) Mast, Akshad Raj selected (3000 m run) and Mast. Avin Panackal (80 meter hurdles) got selected for the National Level Selection Trails Athletics Competition.

Our athletes made their significant mark in the Virtual Inter School Competitions too.

Our School secured total Six Prizes in the Virtual Marathon Competition, conducted by 'Bunts Sangha Mumbai, Anna Leela College of Commerce and Economics and Shobha Jayaram Shetty College for BMS, Kurla under Khelo India, Fit India Movement on 29th August, 2020.

Contd...

Our Athletes raise our banner high by securing 8 prizes out of 15 in the Virtual Marathon Competition conducted by Siddhivinayak Yuva Sanstha, Titwala on 15th August, 2020. Ms. Prena Prajapati (8km Category), Mast. Akshad Raj (6km Category) and Mast. Mayuresh Bagayatkar (2km Category) Secured the first Positions in this category..

Ms Kimiksha Singh bagged a Gold Medal in the Kickboxing Competition conducted on 21st December, 2020 by Mumbai Suburban District Kick Boxing Association at District Level.

We had the nerve to forge ahead despite the odds.

We felt that the onus was on us to beat the odds.

We realised that we were the ones who could do it.

And this was what made it possible.

It's so rightly said that **ONLY HE WHO CAN SEE THE INVISIBLE, CAN DO THE IMPOSSIBLE.**