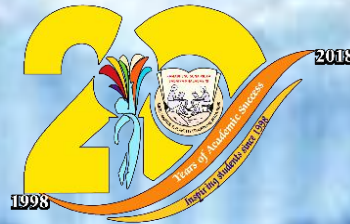




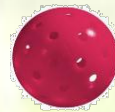
Bunts Sangha's  
S M Shetty High School & Junior College

ISO Certified 9001:2015



# TESTIMONIALS

## THE ANNUAL SPORTS MAGAZINE



THIRD EDITION : 24<sup>th</sup> January 2019



# **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.***

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**Champions**



# 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.

**- The Sports Faculty**







# **SPORTS FACULTY**

## **THE TORCH BEARERS**



**Ms. Surekha Lohar**  
**(Pre - Primary)**



**Ms. Sugandhi Hegde**  
**(Pre - Primary)**



**Ms. Anjali Ambre**  
**Volley Ball, Skating**  
**(Primary)**



**Ms. Trupti Supal**  
**Kabaddi**  
**(Primary)**



**Mr. Swapnil Dound**  
**Athletics**  
**(Primary)**



**Mr. Sanjay Nagalkar**  
**Badminton**  
**(Secondary)**



# **SPORTS FACULTY THE TORCH BEARERS**



**Ms. Anamika Nimkar**  
**Volley Ball , Kabaddi**  
**(Secondary)**



**Mr. Anil Pisal**  
**Athletics , Table Tennis**  
**(Secondary)**



**Mr. Rohit Balla**  
**(Coach - Cricket)**



**Mr. Nishant Fernandes**  
**(Coach - Football)**



**Mr. Amit Khamkar**  
**(Coach - Band)**



**Mr. Nishant Arye**  
**(Coach -Basketball)**

# PRINCIPAL'S MESSAGE

---

**“I love winning, I can take losing, but most of all I love to play”**

Sports have been a meaningful and integral part of society dating as far as human history. A prominent example being the Olympic games, that are 2700 years old, originating in ancient Greece, the city states had to put aside all conflicts until the games ended and participate. This points to us, the power and influence of sports on society. It brings together crowds, instill a sense of belonging, ignites patriotism and at the same time spirit of competition and grit in the human race .



Being involved in any sports in any form requires passion. Sports presents a lesson in consistency and resolve. It teaches you to shift into that bone crushing, exhausting extra gear when the going gets tough, but never give up! Sports teaches us that winning may not always be the norm, but it is when you quit, that you are truly beaten. “You miss 100% of the shots you never take.”

So to all my readers, I tell you this, pick a sport, may it be just to spectate, it will change your life. It will require adrenaline and stamina. It will require being in shape mentally and emotionally . After all it’s a marathon! But every second will be worth it.

So let’s watch a game, cheer on a gymnast or just start by taking a run. Let’s share in all the incredible moments, where sheer human will and desire overcomes the odds. These are the moments that we will remember.

Best wishes,  
Ms. Seema Sabhlok,  
Principal



# OUR MASCOT - TOM & JERRY

.....The True Sportsmen



**2018 - 2019**

*'Tom and Jerry'* as we all know has been the highest grossing animated short films. The series features comic fights between the iconic House Cat Tom and a Mouse Jerry. It's not just this, for which we have them as our mascot. Tom and Jerry, if minutely observed, conveys a very strong message. They give a tough fight to each other when, due to circumstances are pitted against one other. At the same time, the moment there is an outsider they become a strong team and make sure they win over together as a team combating their opponent.

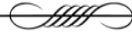
The same is the spirit inculcated in our students. A true sportsman is the one who adheres to all the rules set for the game and is willing to compete against anyone when in a one to one competition –be it his dear friend or his foe and on the other end teams up with each member of his team –again, be his dear friend or foe, to see his team on the victory stand. Apart from this they are the best example when it comes to depict qualities like agility, problem solving, determination, tolerance etc.

*Another important lesson learnt from our mascot is that it's not always the mightier one that wins as often we see Jerry winning over Tom.*





# GLIMPSE 2017 - 2018



Our Institution celebrated the 19<sup>th</sup> Annual Sports Meet on 24<sup>th</sup> January 2018. The event was graced by the renowned pickle ball player, Mr. Manish Rao, along with the trustees from the Powai Education Committee and Bunts Sangha. The sports torch was lit outside Hiranandani School 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 sports event included the Primary Section events such as Aerobics, Pyramid Formation and the Laser Lights Presentation. The Secondary section events included the March past, drill presentation by all the houses, the yoga presentation by the IX standard students, sack race, hurdle race, long jump, slow cycling, tug of war & kabaddi.



The **TAGORE HOUSE** won the BEST MARCH PAST presentation award, **TILAK HOUSE** won the BEST DRILL presentation award & with the highest scores, got the BEST HOUSE TROPHY too









# HALL OF FAME



"Its not how big you are. Its how big you play."





# HIGHLIGHTS

## BEST ATHLETES (2017 - 18) PRIMARY SECTION

**"My attitude is that if you push me towards a weakness, I will turn the weakness into strength."**

Std./Div.	Boy/ Girl	Name
I B	Girl	Nasaybah Shaikh
I B	Boy	Vivaan Pal
II D	Girl	Pratheeksha Poojary
II B	Boy	Krshiv Nair
III B	Girl	Akanksha Verma
III A	Boy	Viraj Waghmode
IV A	Girl	Charvi Patil
IV C	Boy	Dhyan Patel
V E	Girl	Abhisha Shetty
V E	Boy	Owais Shaikh



# HIGHLIGHTS

## BEST ATHLETES (2017 - 18) SECONDARY SECTION

Category	Name
Junior Boys	Avin Panackal
Junior Girls	Anushka Jadhav
Senior Boys	Hridhay Kutty
Senior Girls	Astha Shetty
Junior Boys ( <b>Best Bowler</b> )	Aarya Edkee
Senior Boys ( <b>Best Bowler</b> )	Bhavya Jain
Junior Boys ( <b>Best Batsman</b> )	Anuj Indulkar
Senior Boys ( <b>Best Batsman</b> )	Vineet Tiwari
Junior Boys ( <b>Best Football Player</b> )	Tanay Belokar
Senior Boys ( <b>Best Football Player</b> )	Devam Gohil
Girls ( <b>Best Football Player</b> )	Astha Shetty
Girls ( <b>Best Bowler</b> )	Rakshitha Naik
Girls ( <b>Best Batsman</b> )	Astha Shetty



**Best Athletes**



**Best Football Players**



**Best Batsmen**



**Best Bowlers**

# HIGHLIGHTS



## SPECIAL ACHIEVERS (2017 – 18) SECONDARY SECTION

### CRICKET

Name	Std/Div
Vedant Mhatre – <b>Selected for trials at National Level</b>	IX B

### BADMINTON

Name	Std/Div
Atishya Shetty – <b>01 Silver Medal</b>	VII E
Rachit Jha – <b>01 Silver Medal</b>	VII C
Likhith Gupta - <b>01 Silver Medal</b>	IX C
Astha Shetty - <b>01 Silver Medal</b>	VIII C

### ATHLETICS

Name	Std/Div
Rushil Patil – <b>04 Gold , 01 Silver, 02 Bronze, 01 Marathon</b>	VII B
Avin Panackal - <b>04 Gold , 03 Silver, 01 Bronze</b>	VII A
Mayuresh Bagayatkar - <b>01 Gold , 02 Bronze, 02 Marathon</b>	VII B
Jayush Shetty - <b>01 Gold , 03 Bronze, 02 Marathon</b>	VI E
Anushka Jadhav - <b>03 Gold , 01 Bronze, 01 Marathon</b>	VI E
Astha Shetty - <b>02 Silver, 01 Marathon</b>	VIII C





# HALL OF FAME



"**ABILITY** is what you're capable of doing.  
**MOTIVATION** determines what you do.  
**ATTITUDE** determines how well you do it."





# HIGHLIGHTS

## SPECIAL ACHIEVERS (2017 - 18) SECONDARY SECTION

**Karate –  
Ayush Santosh  
Gold medalist at International Level**



**Kick Boxing –  
Kimiksha Singh  
Gold medalist at National Level**



**Karate –  
Yash Gade  
Gold Medal at State Level**



# 2018 - 2019

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## **MORNING ASEMBLY SESSION -**

Our sports faculty begin the day of every standard on days allotted by taking various sessions on yoga, basic exercises, meditation, health tips, rules & regulations of different games. This has helped our students to increase their performance not only in sports but academics too.

## **CYCLOTHON**

We aim to get the whole community to cycle. We encourage communities to join cycling groups. This event is to start "A revolution", "A chain" where in which we conduct these cyclothons all around Mumbai to spread awareness of fitness and alternative green living lifestyle by making it a "Cyclothon Green Revolution Chain". The concept of the "Cyclothon Green Revolution Chain" is to connect points all over Mumbai to spread the awareness more rapidly and fuel the green revolution. This is a start of a fitness revolution that took place on the 9th of December 2018.



## **PICKLE BALL DEMO**

Students were given demo of PICKLE BALL game on the school ground standard wise. With a view to motivate and create interest in the game, the HEADS of our institution too took part and played the game.



# HIGHLIGHTS - INTRASCHOOL

## PRE – PRIMARY SECTION



Standard	Indoor Events	Outdoor Events
Nursery	Simon says, Passing the ball, Rolling the ball, Bowling, Bouncing the ball, Clamping the clothes, Toss & Catch the ball, Balancing beam.	Running Race, Hopping Race, Skitters, Peg the clothes, Tunnel Race, Stringing the beads, Making the clown.
Jr. Kg	Simon says, Hot potato, Toss & Catch the ball, Freeze Game, Touch & feel box, Snake & Ladder, Hopscotch, Follow the leader.	Kangaroo Jump Race, Squeezing sponge, Clamping the clothes Race, Book Balancing, Ring Race, Rope Jump, Dribbling the ball by Head.
Sr. Kg	Exercises to enhance listening skills, Indoor Basketball, Hopscotch, Lacing Board, Hula Hoop Pass, Carrom.	One minute game, Frog hopping race, Lemon & spoon Race, Mat Race, Obstacle Race, Sack Race, Lagori.



# HIGHLIGHTS

## PRE - PRIMARY SECTION



## International Yoga Day





# HIGHLIGHTS

## PRE - PRIMARY SECTION





# HIGHLIGHTS

## BEST ATHLETES (2018 - 19) PRE - PRIMARY SECTION



**Khushi Mahesh Jain**  
**Nursery D**



**Yati Prashant Parab**  
**Jr KG E**



**Suviksha Bhikhu Gupta**  
**SR.KG D**



**Reyansh Mahavir Jain**  
**Nursery C**



**Konain Istiyaa Chaudhary**  
**JR KG F**



**Smit Mahesh Waghmare**  
**SR.KG F**

**"Success doesn't happen overnight.  
Keep your eye on the prize and don't look back "**

# HIGHLIGHTS

---

## BEST ATHLETES (2018 - 19) PRE - PRIMARY SECTION



**Vignesh Narayan Panigrahi**  
**SR KG B**



**Navya Kartik**  
**SR KG C**



**Nidhish Kapildeo Verma**  
**JR KG A**



**Sharanya Sudesh Shetty**  
**JR KG C**

**" I CAN and I WILL"**





# HALL OF FAME



## PEG THE CLOTHES - NURSERY



1st Dhiaana Sunder Rao  
2nd Khushi Mahesh Jain  
3rd Tanishq Baswaraj Newalkodi



1st Devanshi Sarabjeet Bains  
2nd Ovi Dhiraj Ingole  
3rd Moksha Amitbhai Oza



1st Ansh Balakrishna Sanil  
2nd Mohd TahaTabrez Tinwala  
3rd Tanush Santosh Patel

## No Plastic Bag Race – Junior Kg



1st Nidhish Kapildev Verma  
2nd Ashutosh Arun Upadhyay  
3rd Akshat Vaibhav Tiwari



1st Chrishelle John Fernandes  
2nd Navya Pramod Gupta  
3rd AaroHi Narendra Rai



1st Shivin Kumar  
2nd Ayaan Ehtesham Azmi  
3rd Konain Istiyaa Chaudhary



# HALL OF FAME



## Hurdles Race – Senior Kg.

### No Plastic Bag Race – Junior Kg



1st Tvisha Rajesh Shah

2nd Kavya Manoj Biswas

3rd Jeevika Santosh Borawake



1st Vignesh Narayan Panigrahi

2nd Pranith Ravi Gowda

3rd Aarav Latesh Shetty



1st Anshuman Ajit Shinde

2nd Smit Mahesh Waghmare

3rd Swaraj Suraj Redkar



1st Kashvi Mahendra Jain

2nd Kartiki Avdhoot Bhogulkar

3rd Avni Priya Ajaykumar



1st Sarika Ramchandra Mishra

2nd Suviksha Bhikhu Gupta

3rd Riva Anil Nagpure



# HIGHLIGHTS - INTRASCHOOL

## PRIMARY SECTION

Std	Competitions during the academic year	Activities
Std I	Athletics – Running Race Marble and Spoon Getting ready to school Gymnastics	Hop Sctoch Blind man's Buff Ludo and snake /ladder Marbles
Std II	Zig Zag Race with Ball Dribbling Dodge ball. Athletics – Running Race Football	Hop Sctoch Blind man's Buff Ludo and snake /ladder Marbles
Std III	Badminton and Carom Athletics – Running Race Athletics – Long Jump and shot put	Hop Sctoch Blind man's Buff Ludo and snake /ladder Marbles
Std IV	Badminton(Singles and Doubles ) Ring-O-Matic Athletics – Running Race Cricket ( Boys) Kho Kho (Girls)	Spinning Top Dog and the Bone Chain and various running games Lagori
Std V	Chess Basket ball. Athletics – Running Race Volley Ball (Boys) Throw Ball(Girls)	Spinning Top Dog and the Bone Chain and various running games Lagori



# HIGHLIGHTS - INTRASCHOOL

## SECONDARY SECTION



### Team Events

Kabaddi

Football

Basketball

Volleyball

Cricket

Tug Of War

### Individual Events

Running Race

Sack Race

Hurdle Race

Slow Cycling Race

Three Legged Race

Long Jump

Chess

Carom

Badminton

Table Tennis

Relay

### Categories :

- ✓ Junior (6<sup>th</sup> & 7<sup>th</sup> Std.)
- ✓ Senior (8<sup>th</sup> & 9<sup>th</sup> Std.)







# HALL OF FAME



"It is not the will to win, but the will to prepare to win that makes the difference."



# HIGHLIGHTS

## INVESTITURE CEREMONY

### PRIMARY SECTION : STUDENT COUNCIL 2018 - 19

Head Boy	Parth Chhugani	
Head Girl	Siya Gopinathan	
Deputy Head Boy	Dakshin Shetty	
Deputy Head Girl	Jiya Bajwa	
School Sports Captain	Dhyan Patel	
Bhagat Singh House - Blue	Captain	Paridhi Mehta
	Vice Captain	Shweta Kambli
	Sports Captain	Jiya Patel
Tagore House - Green	Captain	Nikita Malankar
	Vice Captain	Navya Patel
	Sports Captain	Anjali Kashid
Tilak House - Red	Captain	Nidhi Birje
	Vice Captain	Yukti Mehta
	Sports Captain	Rajvi Shah
Swami Vivekananda House - Yellow	Captain	Nidhi Upadhyaya
	Vice Captain	Dhruv Jain
	Sports Captain	Mohangi Ugale



***'LEADERSHIP is the CAPACITY to translate VISION into REALITY.'***





**BHAGAT SINGH  
HOUSE**



**TAGORE HOUSE**



**TILAK HOUSE**



**VIVEKANAND  
HOUSE**

# HIGHLIGHTS

## INVESTITURE CEREMONY

### SECONDARY SECTION : STUDENT COUNCIL 2018 – 19

Head Boy	Siddhant Shiriya	
Head Girl	Sakshi Rai	
Deputy Head Boy	Akshat Jain	
Deputy Head Girl	Hashmita Suvarna	
School Sports Captain	Astha Shetty	
Bhagat Singh House – Blue	Captain	Sairaj Shetty
	Vice Captain	Deeksha Shetty
	Sports Captain	Devam Gohil
Tagore House - Green	Captain	Sanjana Varde
	Vice Captain	Mughdha Chothave
	Sports Captain	Akif Faruqui
Tilak House - Red	Captain	Vaishanya Shetty
	Vice Captain	Arhaan Mulla
	Sports Captain	Aryan Bangude
Swami Vivekananda House - Yellow	Captain	Vishal Manodra
	Vice Captain	Jagbir Singh Saini
	Sports Captain	Vineet Tiwari



*'Great leaders don't set out to be leaders. They set out to make a difference. Its NEVER about the ROLE, ALWAYS about the GOAL.'*





**BHAGAT SINGH  
HOUSE**



**TAGORE HOUSE**



**TILAK HOUSE**



**VIVEKANAND  
HOUSE**

# HIGHLIGHTS

## INTERSCHOOL COMPETITIONS – PRIMARY SECTION

**Name of the competition :- Swami Vivekananda 3 km running**

**Organizer :- Bharat Vikas Parishad**

**Venue :- Heritage Garden, Powai**

Name of Student	Gender	Std	Position
Khushi Sharma	Female	III	First
Sanskriti Pathak	Female	V	Second
Avanpreet Singh		IV	First
Dhyan Patel	Male	V	Second



**Name of the competition :- Nisarg Run Race (5 km)**

**Organizer :- Nisarg Group**

**Venue :- Powai Lake, Hiranandani**

Category	Name of Student	Gender	Std	Position
U-12	Dhyan Patel	Male	V	First



**Name of the competition :- Poinisur Gymkhana Athletic Meet**

**Venue :- Poinisur Gymkhana**

Name of Student	Gender	Std	Event	Position
Viraj Waghmode	Male	IV	Long Jump	Fifth
Viraj Waghmode	Male	IV	Running Race (100 m)	Qualified
Paridhi Mehta	Female	V	Shot put	Eighth
Tanush Shetty	Male	III	Running Race (100 m)	Qualified





# HIGHLIGHTS

## INTERSCHOOL COMPETITIONS – PRIMARY SECTION S - WARD INTERSCHOOL MEET

Name of the student	Std	Gender	Event	Medal
Manjot Singh Chahal	I	Male	Running Race	Silver
Lavya Shetty	II	Female		Silver
Tanush Shetty	III	Male		Gold
Pratheeksha Poojary	III	Female		Gold
Viraj Waghmode	IV	Male		Silver
Akansha Verma	IV	Female		Bronze
Krishiv Nair	III	Male	Potato Race	Gold



Video Finish

The Beginning



# HIGHLIGHTS

## INTERSCHOOL COMPETITIONS – SECONDARY SECTION



### SCHOOL LEZIM GROUP

The **Lezim Group** wove a spell, securing the **THIRD** Position in the S-Ward Competition with their rhythmic beats.



Secured  
**THIRD**  
position in  
DSO  
Competition

Tanishka Parmar , Nicole D'souza , Drishti Hegde , Shabari Shetty , Yashika Lad , Prapti Shetty , Dipsha Poojari , Yashvi Ganatra , Shivani Das , Rakshitha Naik , Hajira Khan , Rakshita Shetty , Astha Singh , Vasundhara Rananavare , Tooba Azmi , Siddika Shetty , Sakshi Shetty , Tisha Jain , Anam Choudhary , Aadhya Shetty , Diya Salot , Saarthi Kabade , Anushree Ashokkumar , Branti Vaidya , Sana Khan , Saachi Acharya , Yashvi Shetty , Afifa Azim , Dimple Prajapati , Shreya Shetty , Tejaswini Gupta , Swatee Shetty , Tanushka Shetty , Safina Lakhwa , Rutuja Pol , Navya Shah , Eva Khan , Rishma Shetty , Kimiksha Singh , Deeksha Shetty , Monica Parab , Madhura Chothve , Sanika Javkar , Mugdha Chothve , Mahima Arondekar , Siddhi Kotian



# HIGHLIGHTS

## INTERSCHOOL COMPETITIONS – SECONDARY SECTION



### SCHOOL BAND TROUPE

Our School Band majestically secured the **SECOND** position in the S-Ward Competition, regaling everyone with their performance and qualified for **DISTRICT LEVEL**

Harsh Doddmani , Sanika Javkar , Ayush Shetty , Pradyun Yadav , Siddhant Shetty , Karan Pandey , Anushka Jadhav , Pavan Singh , Hardhik Uchil , Rushil Pandita , Sarthak Mane , Mayank Pandey , Disha Amin , Trushikesh Kachale , Arsh Khan , Vedang Padale , Siddhart Tiwari , Hiren Boricha , Shlok Patil , Vyom Khatri

### CRICKET



Neha Kurba, Yashkia Lad, Rishma Shetty, Astha Shetty, Navya Shah, Afifa Mhatarnaik, Tejaswini Gupta, Sneha Upadhyay, Diya Thakar, Dimple Prajapati, Keerat Nagi, Samiya Khan, Krishika Gupta, Amrita Gupta, Paridhee Bhosle, Salini Diivedi, Arya Batwalkar, Manali Ingawale

**U-17 Girls Cricket Team secured  
2<sup>nd</sup> place in DSO**

## FOOTBALL



**U-14 Boys  
Football Team  
secured  
4<sup>th</sup> place in DSO  
&  
3<sup>rd</sup> place in  
MSSA**

Tanay Belokar , Pranay Chavan , Sean Gonsalves , Rachit Jha , Yash Karkera , Shaurya Kasabe , Munaf Malik , Yash Nair , Heeth Nayak , Mishit Nayak , Shlok Patil , Jagbir Saini , Aiyaan Shaikh , Ashish Shetty , Krish Shetty , Rakshan Shetty , Ronit Shetty

## DODGEBALL



**U-17 Boys  
Dodgeball Team  
secured  
4<sup>th</sup> place in DSO  
DISTRICT  
LEVEL  
COMPETITION**

Kartik Shetty , Atharv Nambuthiri , Prajwal Shetty , Shree Shingre , Roshan Shetty , Adarsh Prasad , Yash Kadam , Ronit Shetty , Likhit Gupta , Karthik Nambiar



## ATHLETICS - Athletes Secured 127 Medals in Various Interschool taluka to State Level Athletic Competitions in 2018-19

**Name of the competition :-** Prabodhan Kridabhavan - 2018

**Level : Zonal**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	Long jump	Silver
Mayuresh Bagayatkar	VIII C		Gold

**Name of the competition :-** Prabodhan Kridabhavan - 2019

**Level : Zonal**

Name of Student	Std	Event	Position / Medal
Mayuresh Bagayatkar	VIII C	Relay	Gold
Ayush Santosh	VIII F	Relay	Gold
Rushil Patil	VIII C	Relay	Gold
Avin Panackal	VIII G	Relay	Gold
		100m	Bronze
Saachi Acharya	VIII A	Relay	Bronze
Anushka Jadhav	VII A	Relay	Bronze
Prena Prajapati	VII A	Relay	Bronze
Atishya Shetty	VIII D	Relay	Bronze
Astha Shetty	IX A	400m	Bronze

**Name of the competition :-** MSSA

**Level : District**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	100m	Bronze
Mayuresh Bagayatkar	VIII C	Relay	Bronze
Ayush Santosh	VIII F	Relay	Bronze
Rushil Patil	VIII C	Relay	Bronze
Shourya Dalvi	VIII C	Relay	Bronze

## ATHLETICS

**Name of the competition :-** Prabodhan Kridabhavan - 2018

**Level : Zonal**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	Long jump	Silver
Mayuresh Bagayatkar	VIII C		Gold

**Name of the competition :-** Mumbai Athletic Association

**Level : District**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	Long Jump	Gold
		Relay	Bronze
		100m	Bronze
Mayuresh Bagayatkar	VIII C	Relay	Bronze
Shourya Dalvi	VIII C	Relay	Bronze
Ayush Santosh	VIII F	Relay	Bronze

**Name of the competition :-** Maharashtra Athletic Association

Name of Student	Std	Event	Level	Position / Medal
Avin Panackal	VIII G	Long Jump	Division Level	4th Place
		Long Jump	State Level	5th Place
		100m	State Level	5th Place





# ATHLETICS

**Name of the competition :- DSO**

**Level : Taluka**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	200m	Gold
		Relay	Gold
		100m	Gold
		Long Jump	Silver
Srivatsa Tantry	VIII D	80m Hurdles	Gold
Shourya Dalvi	VIII C	Relay	Gold
Ayush Santosh	VIII F	Relay	Gold
Mayuresh Bagayatkar	VIII C	Relay	Gold
		100m	Bronze
Areen Rane	VIII E	High Jump	Gold
Sean Gonsalves	VII C	400m	Silver
Bhavishya Wagh	VII D	600m	Bronze
Dhanush Shetty	VII A	80m Hurdles	Bronze
Anushka Jadhav	VII A	600m	Gold
		Long Jump	Silver
		Relay	Bronze
Radhika Sawal	VII C	600m	Gold
Mugdha Chothave	VIII D	Relay	Bronze
		100m	Bronze
Atishya Shetty	VIII D	Relay	Bronze
Saachi Acharya	VIII A	Relay	Bronze
		100m	Silver



## ATHLETICS

**Name of the competition :-** DSO

**Level : Divisional**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	100 m	Bronze
		Relay	Gold
		200 m	Bronze
Shourya Dalvi	VIII C	Relay	Gold
Ayush Santosh	VIII F	Relay	Gold
Mayuresh Bagayatkar	VIII C	Relay	Gold

**Name of the competition :-** DSO

**Level : District**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	200m	Gold
		Relay	Gold
		100m	Gold
		Long Jump	4th Place
Shourya Dalvi	VIII C	Relay	Gold
Ayush Santosh	VIII F	Relay	Gold
Mayuresh Bagayatkar	VIII C	Relay	Gold
Areen Rane	VIII E	High Jump	Bronze
Srivatsa Tantry	VIII D	80m Hurdle	Bronze
Anushka Jadhav	VII A	Long Jump	6th Place
		600m	8th Place

**Name of the competition :-** DSO

**Level : State**

Name of Student	Std	Event	Position / Medal
Avin Panackal	VIII G	Relay	Bronze
Mayuresh Bagayatkar	VIII C		
Shourya Dalvi	VIII C		
Ayush Santosh	VIII F		



## ATHLETICS

**Name of the competition :-** Mumbai Juniorthon

**Level : Open**

Name of Student	Std	Event	Position / Medal
Prena Prajapati	VII A	Marathon	2nd Place
Anushka Jadhav	VII A		4th Place
Radhika Sawal	VII C		8th Place

**Name of the competition :-** Marol District Athletic Association

**Level : Zonal**

Name of Student	Std	Event	Position / Medal
Anushka Jadhav	VII A	Marathon	1st Place
Prena Prajapati	VII A		2nd Place
Dimple Prajapati	VIII A		4th Place
Afifa Mhatarnaik	VIII A		6th Place
Madhura Chothave	VIII D		9th Place
Nishita Jain	VIII G		10th Place
Lakshmi Sharma	VII A		4th Place
Radhika Sawal	VII C		6th Place
Nishka Pawar	VI E		9th Place
Akshit Shetty	VII C		6th Place
Pranit Dawale	VI C		7th Place
Jayush Shetty	VII B		9th Place
Sean Gonsalves	VII C		10th Place

**Name of the competition :-** CM Chashak, Painsur Gymkhana

**Level : Zonal**

Name of Student	Std	Event	Position / Medal
Shourya Dalvi	VIII C	Relay	Silver
Ayush Santosh	VIII F	Relay	Silver
Rushil Patil	VIII C	Relay	Silver
Avin Panackal	VIII G	Relay	Silver
		Long Jump	Silver
		200m	Bronze
		100m	Gold

# ATHLETICS

**Name of the competition :-** Students Olympic Association

**Level : State**

Name of Student	Std	Event	Position / Medal
Akshit Shetty	VII C	100m	Bronze
Bhavishya Wagh	VII D	200m	Gold
Akkshit Jethva	VI F	200m	Bronze
Pranit Dawale	VI C	800m	Silver
Akkshit Jethva	VI F	Shot Put	Bronze
Dimple Prajapati	VIII A	Long Jump	Silver
Dimple Prajapati	VIII A	400m	Silver
Atishya Shetty	VIII D	Relay	Silver
Prena Prajapati	VII A	Relay	Silver
Saachi Acharya	VIII A	Relay	Silver
Anushka Jadhav	VII A	800m	Gold
Prena Prajapati	VII A	200m	Bronze
Saachi Acharya	VIII A	100m	Bronze
Radhika Sawal	VII C	400m	Gold
Radhika Sawal	VII C	100m	Bronze
Nishita Jain	VIII G	800m	Bronze
Jayush Shetty	VII B	400m	Gold
Aditya Dhawade	VIII D	400m	Silver
Areen Rane	VIII E	400m	Bronze
Avin Panackal	VIII G	Long Jump	Gold
Mayuresh Bagayatkar	VIII C	Long Jump	Silver
Areen Rane	VIII E	Long Jump	Bronze
Avin Panackal	VIII G	200m	Gold
Mayuresh Bagayatkar	VIII C	200m	Silver
Ayush Santosh	VIII F	200m	Bronze
Shourya Dalvi	VIII C	100m	Gold
Srivatsa Tantry	VIII D	100m	Silver
Shourya Dalvi	VIII C	Shot Put	Gold
Srivatsa Tantry	VIII D	Shot Put	Bronze
Avin Panackal	VIII G	Relay	Gold
Shourya Dalvi	VIII C	Relay	Gold
Gulson Yadav	VII A	Relay	Gold
Jayush Shetty	VII B	Relay	Gold
Swastik Shetty	VIII A	Javline Throw	Silver
Aditya Dhawade	VIII D	Javline Throw	Bronze



## OTHER GAMES



### Kimiksha Singh (VIII D)

Secured

**GOLD MEDAL at TALUKA & DISTRICT LEVEL and  
BRONZE MEDAL at STATE LEVEL  
in KICKBOXING competition organized by DSO.**

**GOLD MEDALS at both TALUKA & DISTRICT LEVEL in KARATE  
competition organized by DSO.**

### Rajeshwar Shinde (VII E)

**Secured SILVER MEDAL at TALUKA LEVEL in  
JUDO competition organized by DSO**



## TAEKWONDO

	NAME	STD	DIV	ORGANISER	Level	POSITION
1	Nikhil Malankar	IX	D	D.S.O.	Taluka	Gold
2	Daniyal Hashmi	X	B	D.S.O.	Taluka	Gold
					District	Silver
3	Manasvi Shetty	VII	C	D.S.O.	Taluka	Gold

## KARATE

1	Bhoomit Shetty	IX	C	D.S.O.	Taluka	Bronze

## SPECIAL ACHIEVERS

### CRICKET

#### **Master Vedant Mhatre**

Scored Century against Christ Church School in their Harish Shield Clash (MSSA) Competition



### FOOTBALL

#### **Master Yash Nair**

Selected for Selection trails of D.S.O. Boys Under 14 Football

### TAEKWONDO

#### **Master Daniyal Hashmi**

Secured SILVER MEDAL at DISTRICT LEVEL



### KARATE

#### **Miss Kimiksha Singh**

Secured gold MEDAL at DISTRICT LEVEL

### KICK BOXING

#### **Miss Kimiksha Singh**

Secured GOLD MEDAL at DISTRICT LEVEL & BRONZE MEDAL at STATE LEVEL



## SPECIAL ACHIEVERS

### ATHLETICS

Name	Level	Awards
Shourya Dalvi	District	Gold - 01 , Bronze - 02
	Division	Gold - 01
	State	Gold - 03, Bronze - 01
Ayush Santosh	District	Gold - 01 , Bronze - 02
	Division	Gold - 01
	State	Silver - 03,
Mayuresh Bagayatkar	District	Gold - 01 , Bronze - 02
	Division	Gold - 01
	State	Silver - 02, Bronze - 01
Avin Panackal	District	Gold - 04, Bronze - 03, 4h Place - 01
	Division	Gold - 01, Bronze - 02, 4th Place - 01
	State	Gold - 03, Bronze - 01, 5h Place -02
	National	Selected for the Relay Team
Areen Rane	District	Bronze - 01
Srivatsa Tantry	District	Bronze - 01
Rushil Patil	District	Bronze - 01
Anushka Jadhav	District	6th Place - 01
	-----	Gold - 01
Prena Prajapati	District	5th Place - 02
	-----	Silver - 02

## SPECIAL ACHIEVERS



**Shourya Dalvi**



**Ayush Santosh**



**Mayuresh  
Bagayatkar**



**Avin Panackal**



**Areen Rane**



**Srivatsa Tantry**



**Rushil Patil**



**Anushka Jadhav**



**Prena Prajapati**





**U-12 Boys**

Bhavya Bhiwandiwalla, Yusuf Chaudhary, Rishabh Gala, Aditya Haria, Gunwant Jain, Nandkishor Jangid, Kush Kadpate, Faiz Khan, Kartikay Krishnakumar, Hamza Malik, Om Paul, Drish Sharma, Samarth Shetty, Rehaan Shaikh, Alam Siddique, Mohit Sonar, Dain Thomas, Shivam Tiwari



**U-12 Girls**

Hargun Kaur, Muskan Choudhary, Suraksha Gawda, Roshni Gupta, Myesha Hashmi, Pari Kenia, Nushra Khan, Mayuri Madat, Narayani Mohanta, Riddhi Rai, Saeer Sanas, Tanmayee Sawant, Druvi Shah, Dhruvi Shetty, Saksha Shetty, Sakshi Shetty, Nikita Shinde, Sanskriti Tagad

**U-17 Boys**



Yash Alva, Aryan Bangude, Suchit Devadiga, Manas Dhanwade, Cameron Fernandes, Devam Gohil, Garv Kaushik, Hridhay Kutty, Kaustubh Nair, Jaydeep Patel, Akshath Rai, Afan Shaikh, Gaurav Shetty, Siddhesh Shinde, Siddhant Shiriya, Karanjeet Singh, Eldrin Varghese, Dhruv Shetty

**U-17 Girls**



Vasundhara Rannavare, Adhya Shetty, Astha Shetty, Trusha Chhedda, Trisha Chedda, Drisha Hedge, Harshita Bhatia, Tisha Jain, Disha Shetty, Rakshita Nayak, Shavi Shetty, Sakshi Shetty, Navya Amin, Swati Shetty, Diya Salot, Dhruvi Patel, Anoma, Krishni Shetty

## Table Tennis

## OUR CHAMPIONS

### U - 17 Boys

Uzer Khan, Harshit Salian, Anush Dishbhratar, Shreyash Wakode, Swayam Shetty.

### U - 17 Girls

Siddhi Gandhi, Ayushi Jain, Sanjana Patel, Arya Bhatwalkar, Shreya Waingankar.

## Cricket

### U - 14 Boys

Atharva Nagalkar, Dhyan Shetty, Tausif Ansari, Shubham Sharma, Amit Gupta, Raj Tayde, Shumedh Shinde, Aman Ishad Khan, Anuj Indulkar, Ritvik Shetty, Arnav Kadam, Anish Chaudhary, Harsh Verma, Atharva Padvad, Arya Suvarna, Harsh Dodomani.



### U - 17 Boys



Vedant Mhatre , Akif Faruqui , Vineet Tiwari , Devam Gohil , Riddham Choudhary , Anas Malik , Baldhruva Pogul , Harshit Salian , Aryan Tarachandani , Bhavya Jain , Sahir Rajan , Krishna Ojha , Ayan Khan , Udvansh Shetty , Harsh Kadam , Ayush Sanil

## Volley Ball

### U - 17 Boys

Kartik Shetty , Yash Kadam , Levi Mathew , Adarsh Prasad , Aditya Sharma , Prajwal Shetty , Likhith Gupta , Shree Shingre





## Kabaddi

## OUR CHAMPIONS



### U - 14 Boys

Darshan Rao, Harsh Sante, Ashish Shetty, Anish Shetty, Dhyan Shetty, Shrijan Shetty, Yash Tiwari, Swayam Khopkar, Siddharth Shirvankar, Harsh Gavande, Evengalion Dasan.



### U - 14 Girls

Sweta Chavan , Trusha Chheda , Tejaswini Gupta , Manali Ingvale , Anjali Kanojia , Tuba Khan , Rutuja Pol , Tanisha Rai , Anvesha Shetty , Deeksha Shetty , Shreya Shetty , Srishti Verma



### U - 17 Boys

Parthib Chakrabarty, Rishabh Khopkar, Akshath Rai, Vinayak Salian Bhoomit Shetty, Aniket Shetty, Kartik Shetty, Ronit Shetty, Roshan Shetty, Vinyas Shetty, Mayur Shewale, Kunal Tiwari.  
Under 17 Girls Team –

## Basketball

### U - 14 Boys

Yash Redkar , Om Dhoble , Samarth Galande , Aryan Poojari , Jas Rande , Aditya Hariya , Prachit Shah , Swayam Shah , Rohan Dhyade

### U - 14 Girls

Jayshree Nadar , Kavya Moolya , Alisa Fernandes , Arnika Sakpaar , Rituja Kudtarkar , Ishita Mehta , Lisha Mudliyar , Khushi Shetty , Savni Bhavé , Raksha Shett , Sneha Jain , Riya Sharma

## Basketball

## OUR CHAMPIONS

### U - 14 Boys

Yash Redkar , Om Dhoble , Samarth Galande , Aryan Poojari , Jas Rande , Aditya Hariya , Prachit Shah , Swayam Shah , Rohan Dhyade

### U - 14 Girls

Jayshree Nadar , Kavya Moolya , Alisa Fernandes , Arnika Sakpaar , Rituja Kudtarkar , Ishita Mehta , Lisha Mudliyar , Khushi Shetty , Savni Bhav , Raksha Shett , Sneha Jain , Riya Sharma

### U - 17 Boys



Pratham Gulati , Natin Parishad Parabjeet Singh , Shivam Poojari Anish Kadam , Shreshth Hegshetye Vishal Manodra , Advay Wakode , Niraj Bhatia , Romit Verma

### U - 17 Girls

Krutika Pandit , Vaishnavi Shetty , Sanjana Patel , Lippy Kothari , Ojhal Chavan , Janhavi Mulagi , Rahatruhi Shaikh , Arpita Rathod , Hajira Khan Poulomi Roy





## U - 12 Boys



Kush Patel, Akshit Shetty, Akkshit Jethva, Pranit Dawle, Hasan Sheikh, Dain Thomas, Sachin Sharma, Hiren Panchal, Adit Panchal, Tanuj Jain, Adit Odayil, Rishabh Gala, Prithviraj Kavire, Danish Shetty, Waquas Sheikh, Preet Kothari, Rajeshwar Shinde, Kishna Parab, Rohit Gupta, Sainikhil

## U - 12 Girls



Tripti Shetty, Abhisha Shetty, Laxmi Sharma, Riddhi Rai, Andrina Anto, Richa Pandey, Nishka Pawar, Ishwari Deshmukh, Sanvi Satre, Radhika Sawal, Shamita Shetty, Zenab Khan, Harshita Dongdi, Mantasha Khan, Yatee Sharma, Alisha Shaikh, Himani Kavire, Narayani Mahanta

## U - 14 & U - 17 Boys



Kshitii Patil, Zevior Paul, Aditya Dhawale, Sameeh Sayad, Parth Zagade, Akshad Raj, Pratish Karmakar, Tanish Jain, Kevin Shah, Hardik Uchil, Jayush Shetty, Ayush Santosh, Avin Panackal, Rushil Patil, Shourya Dalvi, Swastik Shetty, Srivatsa Tantry, Sean Gonsalves, Areen Rane, Mayuresh Bagayatkar, Gulson Yadav, Abhishek Pathak, Dhanush Shetty, Harsh Varma, Siddhant Shiriya

## U - 14 & U - 17 Girls



Saachi Acharya, Yashvi Shetty, Shreya Mehendale, Prena Prajapati, Afifa Mhatarnaik, Atishya Shetty, Anushka Jadhav, Nishita Jain, Swatee Shetty, Arti Dwivedi, Tanisha Rai, Ashra Khan, Ripa Barik, Mugdha Chothave, Madhura Chothave, Astha Yadav, Dimple Prajapati, Astha Shetty.

# SPECTRUM OF VICTORY

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**VICTORY IS ALWAYS POSSIBLE FOR THOSE WHO NEVER STOP FIGHTING.** Bunts Sangha's S M Shetty High School & Jr College is an institution that lives by this norm. Adhering to this, our students are given a wide platform in all the facets of learning, be it, academic, curricular, extra curricular and sports. Sports, for us, is about life, emotions, passion and some of the greatest highs and lows we can experience together as a team.

We here, believe in TEAM SPIRIT i.e. Together Everyone Achieves More.

A very Good evening to one and all. We are all assembled here for our Annual Sports Meet. Its rightly said that 'Sports doesn't build your character, Sports reveals your character.'

**Our Institution caters to all the facets of our students' development.**

Our students enjoy the best coaching facilities for Badminton, Table Tennis, Football, Basketball, Cricket, Athletics, Throw ball etc.

They also participate at the D.S.O & M.S.S.A Level.

**For us, winning means our willingness to go longer, work harder and give more than anyone else. Our Lezim Troupe Won The Third Prize At The Ward Level. Likewise, Our School Band Stole Everyone's Hearts At The Ward Level And Bagged The Second Prize.**

Backed by the expert coaching of our P.E teachers and an undaunting support of our Management, our students have won laurels at various levels. Our boys under the categories of under 12, under 14 and under 17 have won many accolades in the various **Football** matches held by DSO, Reliance Cup and Subrato Cup. Our budding champs of under 14 boys and girls and under 17 boys have shown their mettle in **Athletics, Badminton and Table Tennis** held by DSO. The stars of our institution have sparkled in the arenas of **Basketball, Volleyball, Dodgeball** and **Kabbadi** too, held by DSO.

**Many of the teams have been qualified for the MSSA too.** Our upcoming Sachins and Virats of under 14 and 17 boys have qualified for the DSO and MSSA and played upto the fifth round. Our budding Table Tennis champs won the fourth place at the taluka level.

**"It is the fight at first that pleases us, then the victory.**

Our upcoming Ronaldos i.e. our Football Under 14 Boys Team secured the fourth place in DSO at District LEVEL and Mast. Yash Nair was selected for the Selection Trails Round in DSO Boys Under 14 Competition.

Our Under 17 Dodgeball Boys Team secured the fourth place in DSO at District LEVEL



Ms. Kimiksha Singh (VIII D) secured a Bronze Medal at the State Level in DSO for Kickboxing and won a gold medal at the District Level in Karate. She secured a Gold Medal at the International Karate Competition too. Kudos to Kimiksha!!!

Mast.Ayush Santosh (VIII F) secured a silver medal at the National level in Karate

Mast.Daniyal Hashmi (X B) secured a silver medal in Taekwondo at the District level.

Accept the challenges so that you can feel the exhilaration of victory. And our students have faced these challenges with grit and determination. In the Marathon Competition under Marol District Athletics Association, our institution had 16 achievers. The icing on the cake was Ms.Anushka Jadhav( VII A) bagging the first place and Ms. Prena Prajapati, ( VII A) the second place likewise. She also secured the second position in the Mumbai Juniorthon 2019.

Champions aren't necessarily made in the gym. They are made from something they have deep inside them. i.e. a desire, a dream and a vision. Our budding athletes bagged 39 Gold medals, 23 silver medals and 49 bronze medals in the various athletic competitions held at the Divisional, District, Taluka and State level and competitions held by DSO, MSSA (Inter District Athletic Meet), Painsur Gymkhana, Prabodhan Athletics Meet and Maharashtra Association.

Shouldn't our Athletes get a resounding applause, for they have broken their own records by bagging 124 medals in the Inter School Athletic Competitions?

Mast.Avin Panackal has been selected for the NATIONAL level in Athletics for DSO Boys Under 14 Relay team. This year he bagged total 24 MEDALS and Mast. Shourya Dalvi bagged 11 Medals in various interschool competitions. Our Under 14 Boys Relay Team secured Bronze Medal at the State LEVEL in DSO. The team mates were Mast. Ayush Santosh (VIII F),

Mast. Shourya Dalvi(VIII C), Mast. Mayuresh Bagayatkar(VIII C) and Mast. Avin Panackal (VIII G)

In the Athletic Events of High Jump, Master Areen Rane (VIII E), In Hurdles, Mast.Srivatsa Tantry (VIII D) and in Relay Mast.Rushil Patil (VIII C) secured a Bronze Medal each at the District level.

'Our champs don't wait for a chance, they take them.'

Our students in the Primary section undergo training for Basic Football, Athletics, Basic Cricket and Gymnastics. They have participated in various competitions held by D.S.O, M.S.S.A & other Sports Associations.

**The Crowning Glory of the institution was Mast. Vedant Mhatre's (X B) brilliant all round performance that raised the institution's flag to new heights, when he beat Christ Church School in their Harish Shield Clash MSSA competition at New Era School ground, Azad Maidan.**

**Don't practise until you get it right, but practise until you can't get it wrong.**

Training for practicing it right, is done, right from the Primary Section. At the Marol district Athletics Event held at Bharat Van Garden, Marol, our little stars dazzled their way to the victory stand for the Road Race 1km event. Ms. Khushi Sharma (III B) secured the first place. Ms. Akanksha Verma, (IV A) the sixth position, Mast.Viraj Waghmode (IV D) the ninth position and MsPratheeksha Poojari (III F), Mast.Manjot Singh (IA),and Mast. Dhyan Patel (VA) the tenth position,

**We might often not get what we wish for but we definitely get what we work for.** The winning streak in the following athletes marveled one and all at the University Sports Pavilion. Ms. Khushi Sharma (III B), Ms. Akanksha Verma (IV A), Mast.Viraj Waghmode (IV D), Ms. Pratheeksha Poojari (III F) and Mast. Johan Mathew (IV E) qualified for the quarter final in the 50 mtrs race. Ms. Akanksha Verma (IV A) and Mast.Viraj Waghmode (IV D) qualified for the semi finals in the 100 mtrs race.

In the event held by Nisarg Club Powai, Mast Dhyan Patel (V A) successfully completed 1 & 5 kms and secured the first position.

Our students made their mark in the sports events held at Poinsur Gymkhana, Kandivali. Mast.Viraj Waghmode (IV D) secured the fifth position in the Long Jump Event. Ms. Paridhi Mehta (V D) secured the eighth position in Shot Put. Mast.Tanush Shetty (III A) and Mast.Viraj Waghmode (IV D) qualified for the semi finals in the 100 mtrs Race.

**BE THE BEST, BEAT THE REST.** Ms. Khushi Sharma (III B) and Ms. AkankshaVerma (IV A) qualified for the semi finals in the 50 mtrs race while Mast. VirajWaghmode (IV D) and Mast. Tanush Shetty (III A) qualified for the semi finals in the 100 mtrs race events held at Prabhodhan Krida Bhavan, Goregaon.

Our star athletes outdid their records in the Athletics Event organized by Swami Vivekanand High School at Hiranandani Complex. Ms. Khushi Sharma (III B) and Mast.Avanpreet Singh (IV F) secured the first position in the 3.5 km Run. Ms. Sanskriti Pathak (V B) and Mast.Dhyan Patel (V A) secured the second position for the same.

**Good, Better, Best ...Never let it rest ... Until your good is better ...And your better is best.**

We have definitely put in our best but we are not the ones to rest for .. Together we stand .. Proud and tall .. Together we are winners .. And winners take it all.

**Before I end this report here, I wish to announce that our institution is privileged to be the host for the 'S – Ward' Competitions.**






**DON'T  
LIMIT YOUR  
CHALLENGES**

**CHALLENGE  
YOUR LIMITS.**

**LOOK IN THE  
MIRROR...  
THAT'S YOUR  
COMPETITION.**



**"TO BE A GREAT  
CHAMPION  
YOU MUST BELIEVE  
YOU ARE THE BEST.  
IF YOU'RE NOT,  
PRETEND YOU ARE."**

Muhammad Ali  
[coolfreeimages.net](http://coolfreeimages.net)

Take **pride** in  
how far you have  
come, and have  
**faith** in how far  
you can go.

***"Fitness  
it's a way  
of life"***

**THERE WILL BE OBSTACLES.  
THERE WILL BE DOUBTERS.  
THERE WILL BE MISTAKES.  
BUT WITH HARD WORK,  
THERE ARE NO LIMITS.**

*I can  
AND  
I will*

**SPORTS**  
do not build  
**Character,**  
they reveal it.

Practice  
like you've  
never won.  
Perform  
like you've  
never lost.

**WHEN YOU  
FEEL LIKE  
QUITTING  
THINK ABOUT  
WHY YOU  
STARTED**



I can't  
do it

*It's not the team with  
the best*


*Players*

*that win.  
It's the players with the  
best team that wins!*

**"IT IS YOUR RESPONSE  
TO WINNING AND LOSING  
THAT MAKES YOU A  
WINNER OR A LOSER."**

- HARRY SHEEHY

**SMALL DAILY  
IMPROVEMENTS  
ARE THE KEY TO  
STAGGERING  
LONG-TERM  
RESULTS**



**THE ONES WHO SAY  
"YOU CAN'T"  
AND  
"YOU WON'T"  
ARE PROBABLY THE  
ONES SCARED THAT  
"YOU WILL"**





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

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