



INSPIRIA

SPORTS EDITION 2023-24



OUR ACHIEVERS U-14

**EICHER SCHOOL FARIDABAD
A GOODEARTH FOUNDATION SCHOOL**

OUR ACHIEVERS U-19



FROM THE HEAD OF THE SPORTS DEPARTMENT

“Establishing healthy habits early in life sets the foundation for a lifetime of wellness.”

Sports contribute significantly to students' lives by fostering physical health, promoting teamwork, instilling discipline, enhancing time management skills and providing a platform for personal growth. We, at Eicher School Faridabad, believe that integrating sports into the educational fabric paves the way for well-rounded individuals. Our team of well-trained and dedicated coaches ensures that our students inculcate not just the skills required for a certain sport but also become individuals with a high sportsman spirit.

Explore the pages of our first dedicated Sports Edition ‘Inspira’ to witness the kaleidoscope of sports that thrives within our school. Delve into the achievements of our competent athletes highlighting their unique stories and milestones that contribute to the rich mosaic of our sporting culture. Happy Reading!

-Rajesh Pannu

TIMELINE OF SPORTS EVENTS

MONTH	EVENT	PAGE NO.
MAY 2023	Interclass Badminton Tournament	4
JUNE 2023	National School Games District Swimming Championship State Swimming Championship	5 6-8 9-10
JULY 2023	Interschool Shotokan Karate Championship NCC Training Camp Interhouse Athletic Meet	11 12 13-14
AUGUST 2023	Teachers' Sports Events District Games School District Swimming Championship Faridabad District Karate Championship	15 16-17 18 -19 19
SEPTEMBER 2023	School State Karate Championship	20
OCTOBER 2023	School State Basketball Tournament Delhi-NCR Shotokan Karate Championship School State Football Tournament CBSE North Zone Swimming Championship 56th State School Swimming Championship	20 21 21 22 23
NOVEMBER 2023	23rd Goju-Ryu Karate State Championship 2023 HDS Malhotra Cup	24 25-26
DECEMBER 2023	Special Olympics Bharat-Haryana Athletics Meet Synergy - Annual Sports Day	27 28-29
JANUARY 2024	Sports Fiesta For Teachers	30-31

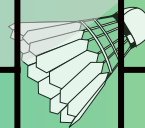
FOSTERING BADMINTON SKILLS

Eicher School Faridabad organized an Interclass Badminton Tournament for the students of class IX on May 19, 2023. In an intense face off, the participants showcased their badminton skills and sportsmanship spirit.



WINNERS

GIRLS (SINGLES)	CLASS	POSITION
HIMAKSHI SAROHA	IX C	I
KRIKA GOEL	IX A	II



BOYS (SINGLES)	CLASS	POSITION
ARJUN PANDEY	IX B	I
ISHAN DEV SAXENA	IX B	II

ESF ALUMNUS SHINES AT NATIONALS

Our talented swimmer and alumnus Keshav Kaushik has added yet another feather to his cap by winning a bronze medal in 200 m breaststroke and 4th position in 100 m breaststroke in National School Games held between June 6-9, 2023 at Talkatora Stadium, New Delhi. For bringing accolades, he was felicitated by the Principal Ms Arpita Chakraborty.



DISTRICT SWIMMING CHAMPIONSHIP

Eicherites have brought laurels to the school by winning the Overall trophy in the District Swimming Championship held at Modern School, Faridabad on June 12 and 13, 2023. The proficient swimmers bagged 26 gold medals, 10 silver medals and 11 bronze medals. The Best Swimmer Awards in different categories were bagged by Purnima Kaushik of class XI, Lakshita Singh, Mayank Singh Mehta, Darsh Kumar of class VIII, Krish Mohindra of class VI and Janardan Tewari of class IV.



DISTRICT SWIMMING CHAMPIONSHIP

TALLY OF MEDALS

S.NO.	NAME	CLASS	EVENT	POSITION
1	PURNIMA KAUSHIK	XI	50 M FREESTYLE 50 M BACKSTROKE 100 M BACKSTROKE 50 M BREASTSTROKE 50 M BUTTERFLY	I I I I I
2	SUNIMAR SINGH BRAR	VIII	50 M FREESTYLE 100 M BUTTERFLY 50 M BREASTSTROKE 50 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	II III III III III
3	DARSH SINGH	VIII	100 M FREESTYLE 200 M FREESTYLE 50 M BUTTERFLY 100 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	I I II II II
4	MAYANK SINGH MEHTA	IX	50 M BACKSTROKE 50 M BREASTSTROKE 50 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	I I I I
5	LAKSHITA SINGH	VIII	100 M FREESTYLE 200 M FREESTYLE 50 M BUTTERFLY	I I I

DISTRICT SWIMMING CHAMPIONSHIP

TALLY OF MEDALS

5	LAKSHITA SINGH	VIII	100 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	I I
6	GRETA PAHUJA	VIII	50 M BACKSTROKE 100 M BACKSTROKE 50 M BUTTERFLY 100 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	II II II III III
7	AARNA THAKURELA	VII	50 M FREESTYLE 100 M FREESTYLE 200 M FREESTYLE 50 M BACKSTROKE 100 M BACKSTROKE	I II III III III
8	DARSH KUMAR	VI	50 M FREESTYLE 100 M FREESTYLE 50 M BACKSTROKE	I II I
9	KRISH MOHINDRA	VI	100 M FREESTYLE 200 M FREESTYLE 50 M BACKSTROKE	I I II
10	JANARDAN TEWARI	IV	50 M FREESTYLE 100 M FREESTYLE	I I
11	MOHD ZAYEEM	II	50 M FREESTYLE	I

STATE SWIMMING CHAMPIONSHIP

VENUE: BAHADURGARH

DATE: JUNE 29-JULY 2, 2023

S.NO.	NAME	CLASS	EVENT	POSITION
1	MAYANK SINGH MEHTA	IX	100 M BACKSTROKE	II
			200 M INDIVIDUAL MEDLEY	I
			50 M BUTTERFLY	III
			4×50 M (MIXED) FREESTYLE RELAY	II
			200 M BACKSTROKE	I
			400 M INDIVIDUAL MEDLEY	I
2	LAKSHITA SINGH	VIII	400 M FREESTYLE	II
			1500 M FREESTYLE	I
			4×50 M (MIXED) FREESTYLE RELAY	II
			200 M BUTTERFLY	I
			800 M FREESTYLE	II
			400 M INDIVIDUAL MEDLEY	II
3	SUNIMAR SINGH BRAR	VIII	200 M BUTTERFLY	III
			4×50 M (MIXED) FREESTYLE RELAY	II
4	DARSH SINGH	VIII	400 M FREESTYLE	III
			1500 M FREESTYLE	II
			200 M BUTTERFLY	II
			800 M FREESTYLE	III
			400 M INDIVIDUAL MEDLEY	III
5	GRETA PAHUJA	VIII	200 M BUTTERFLY	III
			4×50 M (MIXED) FREESTYLE RELAY	II

STATE SWIMMING CHAMPIONSHIP

6	KRISH MOHINDRA	VI	100 M BREASTSTROKE 50 M BREASTSTROKE	II II
7	AARNA THAKURELA	VIII	50 M BACKSTROKE	PARTICIPATION
8	DARSH KUMAR	VI	50 M FREESTYLE 100 M FREESTYLE	PARTICIPATION
9	JANARDAN TEWARI	IV	100 M FREESTYLE	PARTICIPATION



FELICITATION OF ACHIEVERS

On the vibrant morning of June 28, 2023, a felicitation program was held at DC Model School, Sector 9, Faridabad to honour and extend best wishes to the accomplished swimmers who secured positions in the recently concluded State Swimming Trials. Purnima Kaushik of class XI, Mayank Singh Mehta of class IX, Darsh Singh, Lakshita Singh, Sunimar Singh Brar and Greta Pahuja of class VIII along with Janardan Tewari of class IV of Eicher School Faridabad were selected to represent Haryana State in the upcoming Senior National Swimming Competition scheduled to be held in Hyderabad from July 2-5, 2023. Shri Narendra Gupta, MLA, commended the athletes for their outstanding achievements and encouraged them to continue striving for excellence.



INTERSCHOOL SHOTOKAN KARATE CHAMPIONSHIP

VENUE: NEW DELHI

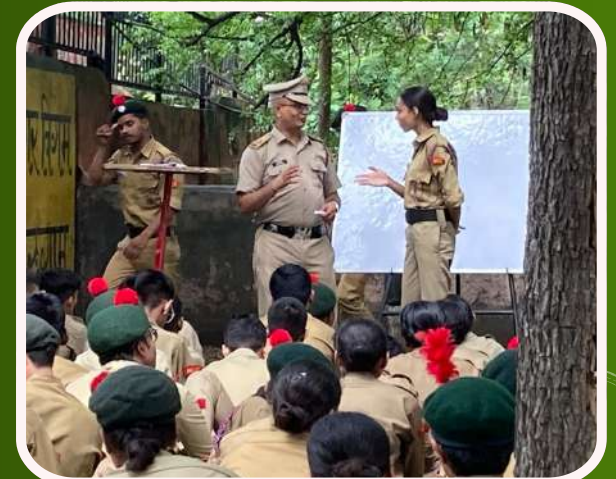
DATE: JULY 29-30, 2023

S.NO.	NAME	CLASS	EVENT	CATEGORY	POSITION
1	AARAV MALIK	V	KUMITE	SUB-JUNIOR	SILVER



NCC TRAINING CAMP

Eicher School Faridabad's new batch of NCC cadets for 2023-25 comprising 23 students of class IX successfully completed the 10-day training camp which was held at Government College, Gurugram from July 8-17, 2023. The physically challenging and mentally demanding activities comprising weapon, field and battle training, craft classes, cultural and sports events as well as social work developed comradeship, discipline, a secular outlook, patience, the spirit of adventure and ideals of selfless service among the young Eicherites.



INTERHOUSE ATHLETIC MEET

Eicher School Faridabad organized an Interhouse Athletic Meet on July 28, 2023 for the students of classes VII-XII. The competition, structured on a house-wise format, spurred enthusiastic participation. Athletes showcased impressive abilities in diverse races, highlighting individual excellence and collaborative teamwork.

S.No.	Event	Class VII Winners	Class VIII Winners	Class IX Winners	Class X Winners	Classes XI & XII Winners
1.	100 m Girls	Raman House	Aryabhata House	Raman House	Raman House	Raman House
2.	100 m Boys	Raman House	Bhaskar House	Ramanujan House	Bhaskar House	Aryabhata House
3.	200 m Girls	Aryabhata House	Aryabhata House	Raman House	Bhaskar House	Bhaskar House
4.	200 m Boys	Bhaskar House	Bhaskar House	Aryabhata House	Ramanujan House	Aryabhata House
5.	4x400 m Girls	Aryabhata House	Bhaskar House	Aryabhata House	-	-
6.	4x400 m Boys	Raman House	Bhaskar House	Aryabhata House	Aryabhata House	Aryabhata House

ATHLETIC MEET



EDUCATORS UNITE IN SPORTING SPIRIT

Independence Day at Eicher School Faridabad was a vibrant affair with the introduction of Interhouse sports events specifically designed for teachers. The day unfolded with flag hoisting, march past and a series of dynamic competitions spanning various sports and activities. The event successfully blended patriotic fervour with a sense of sportsmanship among faculty.



ACHIEVEMENTS @ DISTRICT GAMES

The talented players of ESF left an indelible mark at the District Games organized by School Games Federation, India between August 25 - September 2, 2023 by showcasing remarkable skills in badminton, basketball, football, volleyball, skating and karate. Their stellar performances not only exhibited teamwork but also underscored the school's dedication and commitment to fostering excellence in sports.



BASKETBALL (U-19 BOYS)



BASKETBALL (U-14 BOYS)



VOLLEYBALL (U-19 GIRLS)



BADMINTON (U-14 BOYS)



BASKETBALL (U-19 GIRLS)



BASKETBALL (U-14 GIRLS)



FOOTBALL (U-19 BOYS)

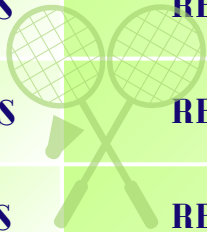


FOOTBALL (U-19 GIRLS)

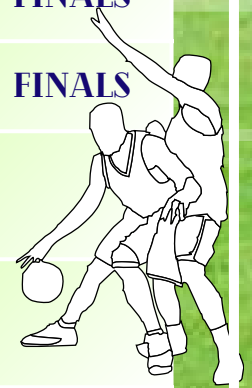


ACHIEVEMENTS @ DISTRICT GAMES

AGE GROUP	RESULT
BADMINTON	
U-14 GIRLS	REACHED QUARTER FINALS
U-14 BOYS	REACHED QUARTER FINALS
U-17 GIRLS	REACHED QUARTER FINALS
U-17 BOYS	REACHED QUARTER FINALS
FOOTBALL	
U-14 GIRLS	II
U-14 BOYS	REACHED QUARTER FINALS
U-17 GIRLS	II
U-17 BOYS	II
U-19 BOYS	II



AGE GROUP	RESULT
BASKETBALL	
U-14 GIRLS	III
U-14 BOYS	REACHED QUARTER FINALS
U-17 BOYS	REACHED QUARTER FINALS
U-19 GIRLS	II
U-19 BOYS	III
VOLLEYBALL	
U-14 BOYS	REACHED QUARTER FINALS
SKATING	
U-14 BOYS	I
KARATE (UNDER 45 KG WEIGHT CATEGORY)	
U-14 BOYS	I



SCHOOL DISTRICT SWIMMING CHAMPIONSHIP

VENUE: EICHER SCHOOL FARIDABAD

DATE: AUGUST 28-29, 2023

S.NO.	NAME	CLASS	EVENT	POSITION
1	PURNIMA KAUSHIK	XI	50 M BREASTSTROKE 100 M BREASTSTROKE 400 M INDIVIDUAL MEDLEY	I I I
2	MAYANK SINGH MEHTA	IX	100 M BACKSTROKE 200 M BACKSTROKE 50 M BUTTERFLY	I I I
3	DARSH SINGH	VIII	400 M FREESTYLE 200 M FREESTYLE 200 M BUTTERFLY	I I I
4	SUNIMAR SINGH BRAR	VIII	100 M BUTTERFLY 200 M BUTTERFLY 200 M INDIVIDUAL MEDLEY	II II I
5	LAKSHITA SINGH	VIII	200 M FREESTYLE 400 M FREESTYLE 400 M INDIVIDUAL MEDLEY	I I I
6	GRETA PAHUJA	VIII	100 M BACKSTROKE 200 M BACKSTROKE 200 M BUTTERFLY	II II II
7	AARNA THAKURELA	VII	100 M FREESTYLE 200 M FREESTYLE 50 M BACKSTROKE	II II I

SCHOOL DISTRICT SWIMMING CHAMPIONSHIP

8	KRISH MOHINDRA	VI	50 M BREASTSTROKE 100 M BREASTSTROKE 200 M BREASTSTROKE	I I I
9	DARSH KUMAR	VI	50 M FREESTYLE 100 M FREESTYLE 50 M BACKSTROKE	III II III

FARIDABAD DISTRICT KARATE CHAMPIONSHIP

VENUE: A.D. PUBLIC SCHOOL, FARIDABAD
DATE: AUGUST 28-29, 2023

S.NO.	NAME	CLASS	CATEGORY	POSITION
1	NAITIK BISWAS	VII	KATA KUMITE	GOLD GOLD



ACCOLADES @ STATE LEVEL

SCHOOL STATE KARATE CHAMPIONSHIP

VENUE: JIND, HARYANA
DATE: SEPTEMBER 12-14, 2023



S.NO.	NAME	CLASS	EVENT	MEDAL
1	NAITIK BISWAS	VII	OPEN KUMITE	BRONZE

SCHOOL STATE BASKETBALL TOURNAMENT

VENUE: KARNAL, HARYANA
DATE: OCTOBER 10-12, 2023



S.NO.	NAME	CLASS	EVENT	POSITION
1	YANA SUNDLI	XII	GIRLS TOURNAMENT (U-19)	III
2	SIMRAN JANGID	XII	GIRLS TOURNAMENT (U-19)	III

DELHI-NCR SHOTOKAN KARATE CHAMPIONSHIP

VENUE: NEW DELHI
DATE: OCTOBER 7-8, 2023

S.NO.	NAME	CLASS	MEDAL
1	SAANVI SINGH	I	SILVER
2	DAIWIK ASWAL	I	SILVER
3	RUDRANSH ASWAL	V	SILVER
4	AARAV MALIK	V	GOLD



SCHOOL STATE FOOTBALL TOURNAMENT

VENUE: PANIPAT
DATE: OCTOBER 10-12, 2023

S.NO.	NAME	CLASS	CATEGORY	POSITION
1	AKSHAT SANGWAN	XII	BOYS U-19	PARTICIPATION
2	PRADUMN MISHRA	XII	BOYS U-19	PARTICIPATION
3	ANUJ MADAAN	XI	BOYS U-17	PARTICIPATION
4	AARYAN VERMA	XI	BOYS U-17	PARTICIPATION
5	RUDRAKSH NARULA	XI	BOYS U-17	PARTICIPATION

CBSE NORTH ZONE SWIMMING CHAMPIONSHIP

VENUE: M.C. SCHOOL, PATHANKOT, PUNJAB

DATE: OCTOBER 10-12, 2023

S.NO.	NAME	CLASS	EVENT	POSITION
1	PURNIMA KAUSHIK	XI	200 M BREASTSTROKE	III
			100 M BREASTSTROKE	III
			50 M BREASTSTROKE	II
			200 M BACKSTROKE	II
			400 M INDIVIDUAL MEDLEY	II
2	MAYANK SINGH MEHTA	IX	200 M BACKSTROKE	I
			200 M INDIVIDUAL MEDLEY	III
3	DARSH SINGH	VIII	100 M BUTTERFLY	I
			100 M FREESTYLE	II
			200 M FREESTYLE	II
			200 M INDIVIDUAL MEDLEY	II
4	LAKSHITA SINGH	VIII	100 M FREESTYLE	I
			200 M FREESTYLE	I
			100 M BUTTERFLY	II
			200 M INDIVIDUAL MEDLEY	II
5	GRETA PAHUJA	VIII	100 M BACKSTROKE	III
6	AARNA THAKURELA	VII	50 M BREASTSTROKE	PARTICIPATION
			100 M BREASTSTROKE	
			50 M FREESTYLE	
7	KRISH MOHINDRA	VI	50 M BREASTSTROKE	PARTICIPATION
			100 M BREASTSTROKE	
8	DARSH KUMAR	VI	50 M FREESTYLE	PARTICIPATION
			100 M FREESTYLE	
9	JANARDAN TEWARI	IV	50 M FREESTYLE	PARTICIPATION
			100 M FREESTYLE	
			50 M BACKSTROKE	

56TH SCHOOL STATE SWIMMING CHAMPIONSHIP

VENUE: SIRSA, HARYANA

DATE: OCTOBER 17-19, 2023

S.NO.	NAME	CLASS	EVENT	POSITION
1	PURNIMA KAUSHIK	XI	200 M BACKSTROKE 100 M BACKSTROKE 50 M BREASTSTROKE	I I I
2	MAYANK SINGH MEHTA	IX	200 M BACKSTROKE 100 M BACKSTROKE	I I
3	SUNIMAR SINGH BRAR	VIII	200 M BUTTERFLY STYLE RELAY MEDLEY RELAY	III I I
4	DARSH SINGH	VIII	400 M FREESTYLE 200 M FREESTYLE 200 M BUTTERFLY STYLE RELAY RELAY	I I I I I
5	LAKSHITA SINGH	VIII	400 M FREESTYLE 200 M FREESTYLE 200 M BUTTERFLY STYLE RELAY MEDLEY RELAY	I I III I I
6	GRETA PAHUJA	VIII	200 M BACKSTROKE STYLE RELAY MEDLEY RELAY	II I I
7	KRISH MOHINDRA	VI	200 M BREASTSTROKE STYLE RELAY MEDLEY RELAY	II I I
8	AARNA THAKURELA	VII	100 M FREESTYLE	III

23RD GOJU-RYU KARATE STATE CHAMPIONSHIP

VENUE: VARDHMAN INTERNATIONAL PUBLIC SCHOOL, HARYANA

DATE: NOVEMBER 26, 2023



HONESSHA CHIBBER
CLASS I
SILVER MEDAL



SAANVI
CLASS II
GOLD MEDAL



ADVIK JOSHI
CLASS II
BRONZE MEDAL



VIHANA CHIBBER
CLASS IV
GOLD MEDAL

4TH DISTRICT GOJU-RYU KARATE CHAMPIONSHIP

VENUE: FARIDABAD, HARYANA

DATE: DECEMBER 3, 2023

S.NO.	NAME	CLASS	CATEGORY	POSITION
1	AMOLAK KAUR	VI	KUMITE KATA	GOLD BRONZE



HDS MALHOTRA CUP

Eicher School Faridabad hosted HDS Malhotra Cup 2023-24 - an inter-GFS Sports Championship for girls on November 28 and 29, 2023. Eicher School Parwanoo, Alwar Public School and Eicher School Faridabad competed in U-19, U-17 and U-14 categories in indoor and outdoor games like Football, Basketball, Volleyball, Badminton, Table Tennis and Chess.

The Chief Guest Mr Narendra Singh and Guests of Honour, Mr Ivan Thankappan, Advisor, Goodearth Foundation Schools and Ms Preeti Bhatnagar, Principal, Kidz Republic School boosted the morale of the players and motivated them to exhibit sportsmanship and teamwork.



HDS MALHOTRA CUP

S. No.	Events	Winner
1	Football (U-14)	ESF
2	Football (U-19)	ESF
3	Volleyball (U-14)	ESP
4	Volleyball (U-19)	ESF
5	Table Tennis (U-14)	APS
6	Table Tennis (U-19)	ESF
7	Basketball (U-14)	APS
8	Basketball (U-19)	ESF
9	Badminton (U-14)	APS
10	Badminton (U-17)	ESF
11	Chess (U-14)	APS
12	Chess (U-19)	APS



SPECIAL OLYMPICS

The students of Eicher School Faridabad participated in Special Olympics Bharat-Haryana Athletics Meet which was organised by SGT University, Gurugram on December 7, 2023.



AADITYA SHARMA
CLASS IX
GOLD MEDAL
SOFTBALL THROW



SOHAM AHLAWAT
CLASS X
SILVER MEDAL
100 M RACE



VIKRANT RASTOGI
CLASS XII
VI POSITION
SHOT PUT



SYNERGY - ANNUAL SPORTS DAY

Eicher School Faridabad hosted an exhilarating Annual Sports Day - SYNERGY for the students of classes VII-XII on December 7, 2023 featuring a vibrant array of field presentations. Dignitaries including Mr Ashok Saini, Deputy Director Sports (Retd.) and Ms Rhythm Sangwan, Gold Medalist, Shooting, Asian Games 2023 graced the occasion as the Chief Guests and Mr Vinit Kumar, Sports Coach made his presence as the Guest of Honour. Mr Ivan Thankappan, Advisor, Goodearth Foundation Schools and Ms Preeti Bhatnagar, Principal, Kidz Republic School marked their presence as special guests. The day was truly a celebration of sportsmanship and skill, fostering a sense of camaraderie among the students and Aryabhata House bagged the title of overall winner for the session.



SNAPSHOTS OF SYNERGY



RACES



ACROBATICS



ACROBATICS



NCC PARADE



YOGA



GRAND FINALE



AEROBICS



BAND



LAZIUM

SPORTS FIESTA FOR TEACHERS

VENUE: ALWAR PUBLIC SCHOOL
DATE: JANUARY 26, 2024

EVENT	WINNERS	MEDAL
VOLLEYBALL	ARPITA CHAKRABORTY, RAJESH PANNU, PANKAJ PANWAR, MANOJ CHAUDHARY, JITENDER KUMAR, NAVJEET KHATANA, PRADEEP BHATI, SANAT SARKAR, PIYUSH GOYAL, ARVIND KUMAR, SANDEEP BAKSHI	GOLD
3000 M	JITENDER KUMAR PANKAJ PANWAR	SILVER BRONZE
4×400 M (RELAY)	PIYUSH GOYAL, MAHESH RAY, KANIKA RAWAT, JYOTI MENDIRATTA	SILVER
4×100 M (RELAY)	PIYUSH GOYAL, DINESH SHARMA, KANIKA RAWAT, JAYA PALLAV	BRONZE
BADMINTON (MEN)	SANDEEP BAKSHI, DINESH SHARMA, ARVIND KUMAR	SILVER
BADMINTON (WOMEN)	RIMMI GUPTA, JAYA PALLAV, VANDANA VARMANI	BRONZE
TABLE TENNIS (MEN)	K.K. SHARMA, SANDEEP BAKSHI, DINESH SHARMA	BRONZE
TABLE TENNIS (WOMEN)	RIMMI GUPTA, JAYA PALLAV	BRONZE

SPORTS FIESTA FOR TEACHERS





RENDEZVOUS WITH NATIONAL & STATE LEVEL PRODIGIES

DIVYANSHI PANDEY, IX D

NATIONAL & STATE LEVEL GOLD MEDALIST, KICKBOXING

ACHIEVEMENTS

EVENT	CATEGORY	MEDAL
STATE KICKBOXING TOURNAMENT MAY 13-15, 2023	POINT FIGHT LIGHT CONTACT	GOLD SILVER
KICKBOXING NATIONAL TOURNAMENT AUGUST 23-27, 2023	POINT FIGHT TEAM EVENT	GOLD BRONZE
KHELO INDIA WOMEN'S KICKBOXING LEAGUE JANUARY 13-14, 2024	POINT FIGHT	GOLD

WHAT KEEPS HER GOING

The support of her family



QUALITIES THAT DEFINE HER

Perseverance, respect, care and being goal-oriented

HER ROLE MODEL

Her mother

HER ROUTINE

Exercising, studying and training

NAITIK BISWAS, VII A

NATIONAL LEVEL GOLD MEDALIST, KARATE ACHIEVEMENTS

EVENT	CATEGORY	MEDAL
NATIONAL KARATE CHAMPIONSHIP APRIL 15-16, 2023	KUMITE	GOLD
NATIONAL INDOOR MARTIAL ART GAMES CHAMPIONSHIP APRIL 28-30, 2023	KATA KUMITE	SILVER SILVER
IGF NATIONAL GAMES MAY 12-14, 2023	KUMITE	GOLD
HARYANA STATE KARATE CHAMPIONSHIP NOVEMBER 25-26, 2023	KATA KUMITE	GOLD GOLD
2ND FARIDABAD OPEN ALL INDIA KARATE CHAMPIONSHIP DECEMBER 17, 2023	KATA KUMITE	GOLD SILVER

WHAT KEEPS HIM GOING

Winning 26 medals in one year and the desire to represent India at the International level



QUALITIES THAT DEFINE HIM

Confidence, leadership, discipline and consistency

HIS ROLE MODELS

His parents and coaches

HIS ROUTINE

Regular training, cycling and playing

DAKSH BHATI, IX A

STATE GOLD MEDALIST AND NATIONAL LEVEL SKATER

ACHIEVEMENTS

EVENT	CATEGORY	RANK
37TH HARYANA STATE SKATING CHAMPIONSHIP NOVEMBER 16-19, 2023	100 M RINK RACE 1 LAP ROAD RACE 3000 M ROAD RACE	I I I
61ST NATIONAL SKATING CHAMPIONSHIP DECEMBER 15-25, 2023	1 LAP ROAD 1500 M ROAD 1000 M RINK RACE	IV V V

WHAT KEEPS HIM GOING

The thrill of competition and the desire to improve



QUALITIES THAT DEFINE HIM

Passion, diligence and discipline

HIS ROLE MODELS

Skaters Anand Velkumar and Pascal Briand

HIS ROUTINE

Rigorous training and studies on a regular basis



PURNIMA KAUSHIK, XI C

STATE GOLD MEDALIST AND NATIONAL LEVEL SWIMMER

ACHIEVEMENTS

EVENT	CATEGORY	RANK
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	200 M BREASTSTROKE	III
	100 M BREASTSTROKE	III
	50 M BREASTSTROKE	II
	200 M BACKSTROKE	II
	400 M INDIVIDUAL MEDLEY	II
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	200 M BACKSTROKE	I
	100 M BACKSTROKE	I
	50 M BREASTSTROKE	I
37TH NATIONAL GAMES OCTOBER 26-NOVEMBER 9, 2023	200 M BACKSTROKE	X
	100 M BACKSTROKE	XII
HARYANA STATE KHEL MAHAKUMBH SWIMMING COMPETITION NOVEMBER 27-30, 2023	100 M BREASTSTROKE	I

WHAT KEEPS HER GOING

Belief in not
giving up

QUALITIES THAT DEFINE HER

Courage and
dedication



HER ROLE MODEL

Her parents

HER ROUTINE

Rigorous training
and studies

MAYANK SINGH MEHTA, IX D

STATE GOLD MEDALIST AND NATIONAL LEVEL SWIMMER

ACHIEVEMENTS

EVENT	CATEGORY	RANK
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023	100M BACKSTROKE	II
	200M INDIVIDUAL MEDLEY	I
	50M BUTTERFLY	III
	4×50M (MIXED) FREESTYLE RELAY	II
	200M BACKSTROKE	I
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	400M INDIVIDUAL MEDLEY	I
	200M BACKSTROKE	I
	100M BACKSTROKE	II
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	200 M INDIVIDUAL MEDLEY	III
	200M BACKSTROKE	I
	100M BACKSTROKE	III

WHAT KEEPS HIM GOING
His achievements

QUALITIES THAT DEFINE HIM

Patience, honesty and hardwork



HIS ROLE MODEL

Swimmer
Michael Phelps

HIS ROUTINE

Practising twice a day

LAKSHITA SINGH, VIII C

STATE GOLD MEDALIST AND NATIONAL LEVEL SWIMMER

ACHIEVEMENTS

EVENT	CATEGORY	RANK	
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023	400M FREESTYLE	II	
	1500M FREESTYLE	I	
	4×50M (MIXED) FREESTYLE RELAY	II	
	200M BUTTERFLY	I	
	800M FREESTYLE	II	
	400M I. M.	II	
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	100M FREESTYLE	I	
	200M FREESTYLE	I	
	100M BUTTERFLY	II	
	200M INDIVIDUAL MEDLEY	II	
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	400M FREESTYLE	I	
	200M FREESTYLE	I	
	200M BUTTERFLY STYLE RELAY	III	
		I	
	MEDLEY RELAY	I	

WHAT KEEPS HER GOING

Her mother & grandfather



QUALITIES THAT DEFINE HER

Optimism, leadership skills and readiness to face challenges

HER ROLE MODEL

Her coaches

HER ROUTINE

It is a constant juggle between books and swimming.

DARSH SINGH, VIII C

STATE GOLD MEDALIST AND NATIONAL LEVEL SWIMMER

ACHIEVEMENTS

EVENT	CATEGORY	RANK
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023	400M FREESTYLE	III
	1500M FREESTYLE	II
	200M BUTTERFLY	II
	800M FREESTYLE	III
	400M INDIVIDUAL MEDLEY	III
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	100M BUTTERFLY	I
	100M FREESTYLE	II
	200M FREESTYLE	II
	200M INDIVIDUAL MEDLEY	II
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	400M FREESTYLE	I
	200M FREESTYLE	I
	200M BUTTERFLY	I
	STYLE RELAY	I
	RELAY	I

WHAT KEEPS HIM GOING

His mentors



QUALITIES THAT DEFINE HIM

Positive attitude and dedication

HIS ROLE MODELS

Dr APJ Abdul Kalam and swimmers Michael Phelps and Mark Spitz

HIS ROUTINE

Practising twice a day

GRETA PAHUJA, VIII D

STATE SILVER MEDALIST AND NATIONAL LEVEL SWIMMER

ACHIEVEMENTS

EVENT	CATEGORY	RANK
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023	200 M BUTTERFLY	III
	4X50 M (MIXED) FREESTYLE RELAY	II
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	100 M BACKSTROKE	III
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	200 M BACKSTROKE	II
	STYLE RELAY	I
	MEDLEY RELAY	I

WHAT KEEPS

HER GOING

Constant support
and
encouragement
from mentors



QUALITIES THAT

DEFINE HER

Punctuality, discipline,
hardwork

HER ROLE MODEL

Her coach and
her parents

HER ROUTINE

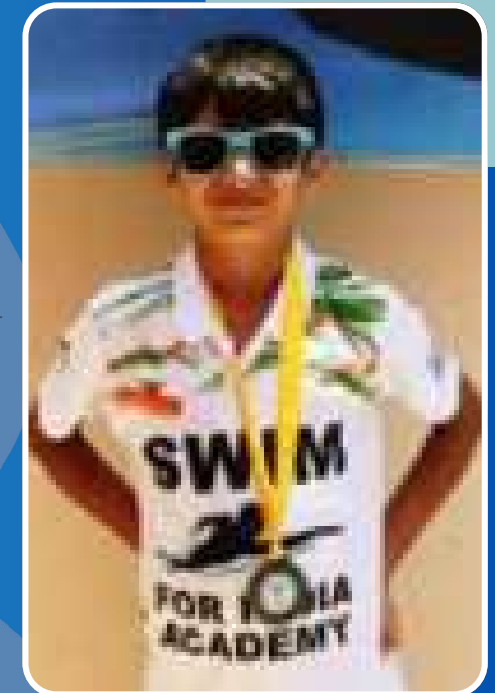
Waking up early, studying and
attending training sessions

JANARDAN TEWARI, IV D

STATE MEDALIST, SWIMMING

ACHIEVEMENTS

EVENT	CATEGORY	RANK
3RD HARYANA STATE SWIMMING CHAMPIONSHIP JULY 24-25, 2023	RELAY	BRONZE
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023)	100 M FREESTYLE	PARTICIPATION
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	50 M FREESTYLE 100 M FREESTYLE 50 M BACKSTROKE	PARTICIPATION



WHAT KEEPS HIM GOING
Curiosity to learn

QUALITIES THAT DEFINE HIM
Persistence and dedication

HIS ROLE MODEL
His grandfather

HIS ROUTINE
Studies, practice and exercise

AARNA THAKURELA, VII A

STATE MEDALIST, SWIMMING

ACHIEVEMENTS

EVENT	CATEGORY	MEDAL
STATE SWIMMING CHAMPIONSHIP JUNE 29-JULY 2, 2023	50 M BACKSTROKE	PARTICIPATION
CBSE NORTH ZONE SWIMMING CHAMPIONSHIP OCTOBER 10-12, 2023	50 M BREASTSTROKE 100 M BREASTSTROKE 100 M FREESTYLE	PARTICIPATION
56TH HARYANA SCHOOL STATE SWIMMING CHAMPIONSHIP OCTOBER 17-19, 2023	100 M FREESTYLE	BRONZE



HER ROLE MODEL

Swimmer Michael Phelps

WHAT KEEPS HER GOING

Dedication to achieve the target

QUALITIES THAT DEFINE HER

Being active, punctual and resolute

HER ROUTINE

Training, studying, running and playing

SIMRAN JANGID, XII A

STATE MEDALIST, BASKETBALL

ACHIEVEMENTS

EVENT	RANK
U-19 SCHOOL STATE BASKETBALL TOURNAMENT OCTOBER 12-14, 2023	III

WHAT KEEPS HER GOING

Her inclination towards basketball



QUALITIES THAT DEFINE HER

Creativity, honesty, courage, enthusiasm & optimism

HER ROLE MODEL

Her coach

HER ROUTINE

A microcycle training pattern for sports and studies



YANA SUNDLI, XII A

STATE MEDALIST, BASKETBALL

ACHIEVEMENTS

EVENT	RANK
U-19 SCHOOL STATE BASKETBALL TOURNAMENT OCTOBER 12-14, 2023	III

WHAT KEEPS HER GOING

Her mother, her coaches as well as her inner will



QUALITIES THAT DEFINE HER

Loyalty, honesty, love, leadership, communication skills

HER ROLE MODEL

Mr Ratan Tata



HER ROUTINE

Exercising, reading, dancing, studying and meditating

OVERALL WINNER INTERHOUSE SPORTS



ARYABHATTA HOUSE

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