



MEET OUR CHAMPIONS!

Take a peak into the journeys of our talented student athletes as they conquer the worlds of taekwondo, chess, swimming, judo and more!

EXCLUSIVE INTERVIEWS!

Gain an insight into the lives of our fellow students and teachers to explore the sacrifices they've made for sport.

INTERHOUSE EVENT RESULTS

The much-awaited interhouse events have begun! Take a look at the results and learn about the upcoming events!

**TO SHARE YOUR STORY AND BE FEATURED IN OUR NEXT EDITION,
EMAIL US AT: sportstalkdais@gmail.com**

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DAIS LEADERBOARD



Highlighting student achievements
over the past 3 months

Name: Freeyah Golia

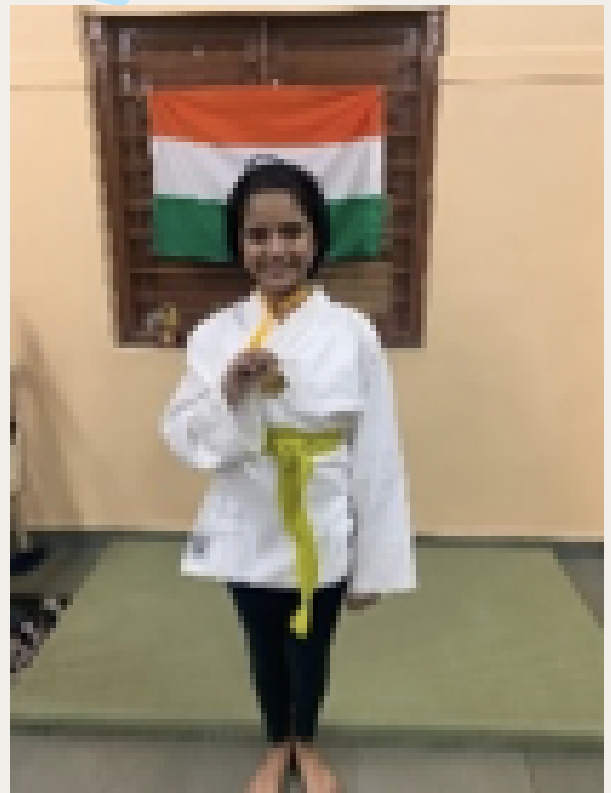
Grade: 7

Sport: Taekwondo



Freeyah Golia, from class 7B, participated in the Mumbai District Kyorugi and Poomsae Taekwondo Championship, held at Dharavi Sports Complex, on 1st November, 2021. She placed 2nd in the individual and team poomsae competition.

Ria won all 3 bouts to claim the gold medal in U-10 Girls Category in an intra club event organized by Shashi Judo Club on 22nd October. She also secured a silver medal in the Under 9 Girls Maharashtra State Schools Championship organized in June 2021.



Name: Ria Sanghavi

Grade: 4

Sport: Judo

Name: Siddhaarth Golia
Grade: 11
Sport: Taekwondo



Siddhaarth Golia of class 11 participated in the Mumbai District Junior Kyorugi and Poomsae Taekwondo Championship, held at BPCA College, Wadala, on 30th October 2021. He participated in the Junior boys category and won the 1st prize in the individual poomsae competition and the team poomsae competition, and won a gold medal in both of these categories.

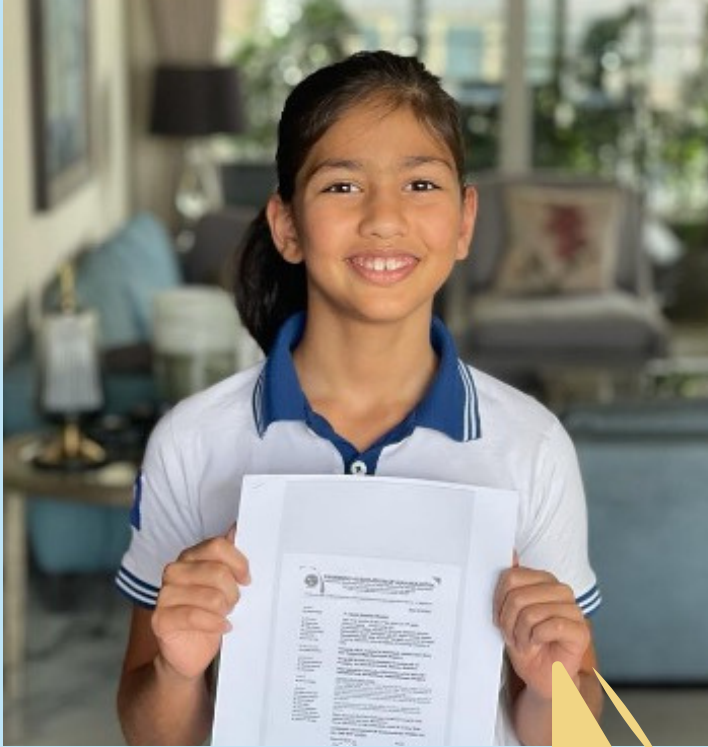
Reya Mehendale of class 9A won a silver medal at the 48th Sub Junior and Cadet State Judo Tournament and National Selection Trials held in Sangli, on October 29 to 31, 2021.



Name: Reya Mehendndale
Grade: 9
Sport: Judo



Name: Tanishi Mazumder
Grade: 4A
Sport: Swimming



Tanishi Mazumder won a Silver Medal in the State Sub Junior Selection Trials conducted by the Swimming Association of Maharashtra on 27th and 28th September, 2021. She has qualified for 50 metre butterfly race and swam for Maharashtra at the National Aquatic Championships held in Bangalore in October, 2021.

Cyrus Sethna won a silver medal in the pairs & a bronze in the individuals at the Mumbai District Taekwondo Poomsae Championship.



Name: Cyrus Sethna
Grade: 4A
Sport: Judo

TilakVir Kapoor took part in a squash tournament at Otters Club where he reached the finals and was the Runners Up. TilakVir played his first golf tournament, where he secured the First place in Category-E at the WIGA - Junior Open Golf Championship 2021

Name: Kiara Bangera
Grade: 10C
Sport: Swimming



Name: TilakVir
Kapoor
Grade: 1B
Sport: Golf & Squash

Kiara Bangera was awarded the Diploma of Honor by the ISF to the 1st U15 World school sport games. At the 37th Sub-Junior & Junior National Aquatic Championships 2021, Bangalore, Kiara Bangera won the Silver medal in 200 meters Freestyle with her personal best timing. She also won a Gold medal in Relay representing Maharashtra in the Under 17 age category.



INTERVIEW WITH SIDDHAARTH GOLIA

(GRADE 11 STUDENT)

When did you start playing taekwondo and what level are you at right now?

I started playing taekwondo in the first grade. I was introduced to this sport as a co-curricular activity right here in school. Gradually my interest grew in the sport and I pursued it to a professional level. Currently I am Dan 2 (second black belt). I have played and won in several tournaments right from the districts to international competitions.

What does your training schedule look like?

Currently the competition season has started, with my next tournament at the end of Feb. Hence for that my training hours have been increased. Everyday i wake up by 4.30 am and head to the ground for my taekwondo session. The session lasts for around 2 hrs and by 7.30 I am back home and in 15 mins I leave for school. In the evenings, after school I definitely hit the gym to do weight training and cardio alternately. I don't train on Sunday's, and take a rest day once a week.

Throughout your journey playing taekwondo, has there ever been a time when you wanted to quit? If yes, how did you manage to overcome that?

Yes. In the fourth standard I felt like quitting the sport, and I almost bunked a whole year of morning practise. I went to school but I would sit in the classroom and read comics. When my mother found out they forced me to continue the sport and I did. If that day they hadn't forced me I wouldn't be where I am today. I feel everyone needs that push once in a while, and for me that push was my mother.

How did you manage to train during the last 2 years, given the pandemic and lockdown?

At the start of the lockdown, classes had stopped for about 2 months. During that time I used to train on my own, practicing everything I knew. Then online classes on zoom started and finally after some time our academy opened physically. My training had been affected severely in the start, but gratefully its all back to normal right now.

What does the future look like for you... Are you going to continue doing taekwondo?

Although I might not pursue taekwondo professionally, I do not plan on leaving it. This sport has given me a lot and whatever I am known for this only because of this sport. So taekwondo will always remain a part of me.

What has helped you succeed at taekwondo?

Discipline. I feel that discipline is the key to success for any sport. Following the routine exactly, training when you don't want to, sacrificing outings with family and friends and eating the correct food all the time. In order to succeed at anything one doesn't require motivation, as that's just temporary, but discipline is permanent and pushes you forward everyday.



INTERVIEW WITH MISS KUNJAN



Can you tell us about your childhood...how and when did you start playing sports and what sports did you play?

I started doing Gymnastics as a fun activity amongst many other sports at my mother's school at the age of 13. She was a teacher in a government school, which was a training centre for various sports in Surat, the city where I was born and brought up. Because I was very flexible, the Gymnastics coach then, Mr. R. D. Sharma suggested that if I join this activity I would do very well. Hence, I started training for Gymnastics.

What was the highest level you competed at?

I represented Gujarat state at the national level several times.

When and how did you decide you wanted to be a PE teacher?

Due to family influence. Back then, on my maternal side of the family, all my aunts were teachers. The belief was that if you are born as a boy, you would do business. But if you were a girl, you should become a teacher. This is because you get all the holidays that your children get in future and as a lady it becomes easy to raise the family. So, I did not get the choice. As I was good at sports (not at academics), I became PE teacher!

What is the most important lesson that playing sports has taught you?

If you play any sport, you will have the capability to enjoy the life to its full potential! In any situation of life whether good or bad one can learn and move on for the better future.

Did you ever face any challenges as a female playing sports, If yes, what were the challenges and how did you overcome them?

Yes! Wearing the v-cut costume in the competitions was a challenge initially. On the family front my own brother was not in favour of me playing sports and being away from home for practices and competitions. In our times girls specially in the state of Gujarat were not encouraged to play sports. My school principal and my tuition sir were not happy that I would miss the school and classes for so many days during pre-national camps and competitions. It used to be a task to convince them (as I was not academically strong). I remember so many times my coach and other friends had to come to convince them.

What is your message to students in our school who want to be successful in sports - what are some characteristics they must have?

No matter whatever sport you play. Play with utmost honesty and dedication.

INTERHOUSE



FOOTBALL



11TH-GRADE

LIONS

1 - 1

JAGUARS

TIGERS

0 - 1

PANTHERS

PANTHERS

0 - 2

LIONS

JAGUARS

3 - 1

TIGERS

TIGERS

0 - 2

LIONS

PANTHERS

2 - 3

JAGUARS

HOUSE	PLAYED	WIN	DRAW	LOSS	GF	GA	GD	POINTS
LIONS	3	2	1	0	5	1	4	7
JAGUARS	3	2	1	0	7	4	3	7
PANTHERS	3	1	0	2	3	5	-2	3
TIGERS	3	0	0	3	1	6	-5	0

INTERHOUSE



FOOTBALL

9TH-GRADE

LIONS

3 - 1

JAGUARS

TIGERS

0 - 2

PANTHERS

PANTHERS

2 - 2

LIONS

JAGUARS

2 - 0

TIGERS

TIGERS

1 - 4

LIONS

PANTHERS

1 - 1

JAGUARS

HOUSE	PLAYED	WIN	DRAW	LOSS	GF	GA	GD	POINTS
LIONS	3	2	1	0	9	4	5	7
PANTHERS	3	1	2	0	5	3	2	5
JAGUARS	3	1	1	1	4	4	0	4
TIGERS	3	0	0	3	1	8	-7	0

SCORES

11th GRADE BASKETBALL

8 LIONS VS JAGUARS 4

7 TIGERS VS PANTHERS 6

7 PANTHERS VS LIONS 4

5 JAGUARS VS TIGERS 16

8 PANTHERS VS JAGUARS 10

9 LIONS VS TIGERS 2

HOUSE	PLAYED	WIN	LOSS	PF	PA	PD	POINTS
LIONS	3	2	1	21	13	7	6
TIGERS	3	2	1	25	20	5	6
JAGUARS	3	1	2	19	32	-13	3
PANTHERS	3	1	2	21	21	0	3

SCORES

9th GRADE BASKETBALL

5 LIONS VS JAGUARS 10

2 TIGERS VS PANTHERS 12

6 PANTHERS VS LIONS 4

10 JAGUARS VS TIGERS 2

6 PANTHERS VS JAGUARS 8

14 LIONS VS TIGERS 4

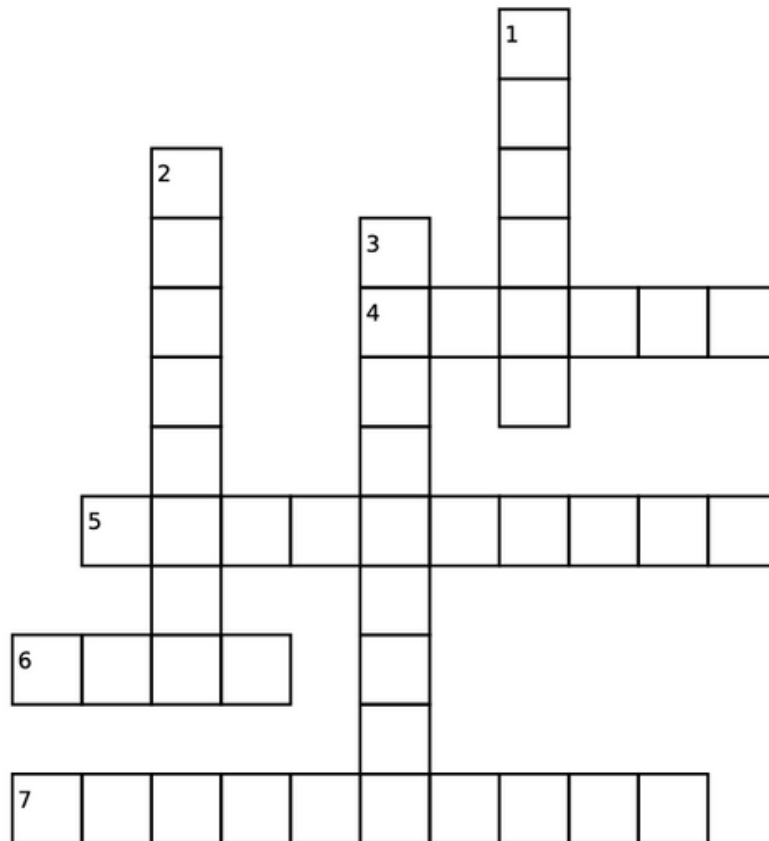
HOUSE	PLAYED	WIN	LOSS	PF	PA	PD	POINTS
JAGUARS	3	3	0	28	13	15	9
PANTHERS	3	2	1	24	14	10	6
LIONS	3	1	2	23	20	3	3
TIGERS	3	0	3	8	36	-28	0

UPCOMING EVENTS:

- Throwball (Grades 9 and 11)
- Football (Grades 5, 6, 7 and 8)
- Basketball (Grades 5, 6, 7 and 8)



CROSSWORD



Down:

1. Mary Kom is very famous in this sport
2. Manchester City is one of the most dominant teams in this sport
3. It was the Greeks that invented this sport

Across:

4. In this sport, 40-40 is called deuce
5. In this sport, you can score 2 pointers and 3 pointers
6. Tiger Woods is the most famous person from this sport
7. For girls, there are 4 apparatus in this sport

**ANSWERS TO BE REVEALED IN
THE NEXT EDITION!!**