



India at the Olympic Games 2021

“Citius, Altius, Fortius”

The Olympic Games held after every 4 years are the world’s foremost sports competition with more than 200 nations participating in various events. The Tokyo Olympics held for 17 days was a highly anticipated event bearing hope and excitement among the pandemic. Over 127 athletes from India took part in the games and strived to give exceptional performances portraying sportsmanship, skill, dedication and hard work.



Every Indian was hooked on their screens as they set their hopes and murmured prayers in their mouths for the athletes. The air was filled with cheers and claps during victories and sorrowful sighs during a loss. The games were the talk of the town and everyone was engrossed in detailed conversations on the events. While every citizen was keeping track of the outcomes, the athletes were wooing the world with their remarkable talents and ensuring the tricolour was held high. India achieved a total of seven medals including 1 gold, 2 silver medals and 4 bronze medals making it the most successful Olympic campaign in Indian history.

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Mirabai Chanu opened India’s medal account with Silver in the women’s 49kg weightlifting category which was India’s second weightlifting Olympic medal. Her feat was followed by yet another inspiring sportswoman as PV Sindhu beat China’s He Bing Jiao and bagged a bronze. This earned her the title of being the first Indian woman and second Indian athlete to have won two individual Olympic medals. The third medal was brought home by 23-year-old Ravi Kumar who won the silver medal in men’s 57 kg freestyle wrestling followed by the fourth medal to the Indian hockey team. The bronze medal claimed by the hockey team came after a long wait of 41 years since the Olympic gold at the 1980 Moscow Olympics. As if these victories were not enough Bajrang Punia won a bronze medal in men’s 65kg wrestling and became the third Indian debutant to win a medal at Tokyo Olympics 2020

The event ended with a bang when Neeraj Chopra won the gold in the men’s javelin throw. He became the second Indian with individual Olympic gold and India’s first track and field medal. Neeraj clinched the gold with an 87.58m throw and made each Indian swell with pride as the national anthem was played and the 23-year-old was honoured with the gold medal. Other athletes such as Kamalpreet Kaur who claimed the sixth position in the women’s Discus, Deepak Punia who missed bronze by inches and Aditi Ashok who made the world sit up with her with an unforeseen performance did not have a medal to their name but still made a permanent mark as forces to be reckoned with.

Nevertheless, each athlete participated with a zest for their sport and brought pride and joy to India. They came back with their heads held high and a bag full of lessons, victories, defeats, memories and experiences to cherish and share with the world. The Tokyo Olympics 2020 were not only a glimmer of light during these dark and crucial times but were also a lesson to stay strong and face the adversity at hand. They gave the country a newfound strength as each citizen grasped the concepts of discipline, hard work, positivity, sportsmanship and staying optimistic in every situation.

By - Sidak Gyani (X A)

Reporter (Student Editorial)



India at Olympic Games

Tokyo Olympics 2020 was finally organized in 2021 after a delay of almost one year due to the Covid-19. India has also participated in many events like hockey, Boxing, Athletics, Badminton, Wrestling and Shooting. India finished in the 48th position on the medal tally by winning a total of 7 medals (1 Gold, 2 Silver & 4 Bronze). Our medal tally started with a silver medal won by Mirabai Chanu in the weightlifting and ended with Neeraj Chopra who won the gold for our country in the athletics event of Javelin throw. This is the first gold our country got in the athletics event in the Olympics. This year our men's hockey team also won the bronze medal after 41 years in this event which is a great achievement for our country. Our women's hockey team also fought bravely but unfortunately, they couldn't win any medal. Ravi Dahiya also fought hard in wrestling and was able to win a silver medal for our country. In the Tokyo Olympics 2020, India got a total of 7 medals which is the maximum number of medals ever won by our country in the Olympics. We congratulate all our players who participated in the Tokyo Olympics 2020 who make us feel so proud. We hope that in the Olympics 2024 our players will make us more proud by winning more medals than this time.

By – *Ishita Sangha (III A)*

Indian Women Athletes in Olympics in 2021

It's always a dream for any athlete to be part of the Olympic Games and also to win a medal for the country. This time in Tokyo Japan Olympics 2021, not just Indian women athletes performed well but many of them won medals for our country. Women athletes PV Sindhu won a bronze medal in Badminton, Mirabai Chanute won silver in weight lifting, Lovelina Borgohain won a bronze medal in boxing. By giving commendable performances at the global level these women made India proud and showed the true potential of Indian Women to the world. I hope this trend of glorious victories will go on and millions of young girls will get motivated and will adopt the same path of hard work and pride. Good luck Girls!



Aalam Vijay Singh (VA)



***THE LESSON I LEARNT AFTER WATCHING OLYMPICS***

After a year of uncertainty and struggle due to the Corona pandemic, the Tokyo Olympics Tokyo 2020 finally saw the world coming together. There was a sense of positivity and hope and what amazed us was the sporting spirit, mind-boggling performances, passion and emotional moments spread across the 16 days of the Olympics. Olympics are not just the celebration of the best sportsmanship but they bring to the world exemplary and profound lessons which can help us to shape our lives better. Though I could not watch all the events, I did watch the sports where the Indian players were taking part. We were hooked to television when Meerabai Chanu, Mary Kom and PV Sindhu battled in the arena and cheered loudly when women & men hockey teams were making us proud. It was truly remarkable & spine chilling to witness Golden throw by Neeraj Chopra. All these moments were full of learnings, I have captured a few of them.

" THE MOST IMPORTANT THING
IN THE OLYMPIC GAMES IS
NOT WINNING BUT TAKING
PART, THE ESSENTIAL THING
IN LIFE IS NOT CONQUERING
BUT FIGHTING WELL "

Pierre de Coubertin

1. *Preparation is everything*

For an event that lasts from 2 minutes to an hour, a player has to undergo rigorous training and practice hard for many years. For example the bronze medal winner in boxing, Lovlina Borgohain started training in 2012. In all those years her main focus was to be the best in her game. Her commitment towards preparation and hard work helped her to win laurels for the nation in the tough match of boxing.

2. *Toughness matters, mental/physical*

When the ace badminton player PV Sindhu lost the badminton match for the Gold medal she was upset for a while however she gathered courage & hope; with her tough mind, she believed in herself & played for the bronze medal. Soon crossed over the next obstacle and registered herself victorious. Badminton is the game of a tough physique but the hard test which a player faces judges his mental toughness as well.

3. *Great Wins do not come easily*

Winning requires "patience", "perseverance" and "presence in the moment"! In the wrestling match, Deepak Punia was leading, however, in the whisker of seconds, he lost. We were so assured of his winning but the competitor had something extra; this made me realise that winning is not easy and you have to struggle till the final moment.

4. *Trust the potential*

The Olympics is not the ground for favourites but for those who strive to win. It doesn't matter if you are popular or not if you are pursuing a sport that is not known to many; the Olympics gives opportunity to everyone. From India traditionally we had never earned any gold in track and field events, this year we saw young potential Neeraj Chopra astonish all of us with his Gold in the Javelin throw. The trust in young blood and new games brought new confidence across our country and have inspired many.

5. *Power of vision motivation & Teamwork*

The most memorable moment of the Olympics was when the Indian Hockey team(men) won the bronze medal. It has been an Indian dream to excel in our national sport on the world platform. The dreams of millions of people came true when we finally won the medal in a thrilling game against Germany and bagged an Olympic medal in 41 years. It was the sheer determination, vision to win and teamwork that helped us to emerge victoriously.

In short, Olympics not only rewards extraordinary performance but they reflect what it takes to bring these performances Live, under extreme pressure and unpredictable circumstances.

Akshita Pant (IV A)



Self-belief- A Mantra of Success

Tennis is a very interesting sport. I love to play tennis and started watching it on television in 2020. I am a big fan of Roger Federer, Rafael Nadal and Novak Djokovic. But among all, I am inspired by Djokovic as he is a great player and has defeated Federer who had won the highest number of grand slams in the recent past. But in the 2020 Olympics, Zverev defeated Djokovic. Normally, I would have supported Djokovic but when Zverev defeated Djokovic my impression changed. Djokovic was winning every single match but when he went to the semifinals, he met Zverev. Zverev was losing the first set but his mental strength made him fight against Djokovic, defeat him and reach the final. Meanwhile, Karen Khachanov, a tennis player from Russia was winning several matches and defeated Pablo Carreno Busta, and faced Alexander Zverev in the final. Zverev and Khachanov, both were trying hard, and Zverev finally won the match. He created the record by being the first man from Germany to win a tennis title in the Olympics. I enjoyed the final match, and the lesson I learnt is that hard work always pays off. Belief in self is another mantra of success.



Anuraj Gautam (III A)



The lesson I have learnt after watching Olympics

While the country's finest sportspersons work hard to bring home laurels and medals, the Tokyo Olympics 2020 is also a testament to a lot of valuable life lessons.

While kids get to sit in awe and probably be inspired to pick a sport of their liking; watching athletes from around the world engage competitively, this year's Olympics were quite different. From athletes who have chosen to open up about losses and poor mental health, to the very spirit of sports that made competitors even share medals, there are quite a few life lessons children can learn from the four-yearly sporting event. A sporting event like the Olympics, which happens once every four years, has a lot riding on it. There's the country's honour at stake, competition from multiple talent pools- athletes who are best in their fields, and most importantly, high stress and sacrifices.

While we often cheer loudly for every athlete who wins a medal- Bronze, Silver or Gold, it goes on to prove that great fights and wins do not come easy, and there's a lot of hard work that goes in. The athletes train incredibly hard, do not give up and do not lose sight of the target. It's a great learning lesson for a child of any age; to learn and show how capable they are at excelling in whatever they do if they set their mind to it. Resilience and determination are the key things to be taught to kids from an early age which later bear the most fruits.

Arindam Singh (V D)



Let's learn Hockey. . .

I belong to the country India, which is the origin of the very popular sport 'Hockey.' Hockey is the national game of India. Also, it is a popular game that many countries play. If we talk about India then the track record of India is very good. India has won six gold medals in the Olympics and many consecutive matches. This game has many rules that need to be followed by each team. For scoring a goal in hockey, the player needs to hit the ball in the opponents' team goal post without committing any foul. If he misses the goal then no points are given to the team. But for scoring, the ball needs to either cross the line or hit the net. Moreover, if it is not successful in doing so then no points will be awarded to his team. Besides, most of the rules of the game are similar to Football, and violation of rules has some penalties. I always feel proud to say that HOCKEY IS INDIA's National game.

Aaronbir Singh Sehgal (IV A)

The Person who Inspires Me. . .

Saina Nehwal was born in Haryana on 17th March 1990. She started playing badminton at the age of 8, exactly at my age. At that time, her father had shifted to a new city named Hyderabad. She did not have any friends and did not know the local language. But she was not scared of that. Saina joined a sports academy. There she worked hard and learned to play badminton. Very soon, she was recognized by everyone. She also made many friends. She was very dedicated and sincere. She made lots of sacrifices also. She stopped eating junk food to stay fit and healthy. Hard work pays. Later, she became the World's number one badminton player. She had won a bronze medal in the Olympics. She has also won many international titles and awards. She inspires me to work hard and be fit.

Poem on Saina Nehwal

To be number one,
You need to work a ton.
There is no reason to cry,
You can always give it one more try.

Never give up when you fail.
Keep on trying,
Keep on trying,
You will certainly win one day!



Arissa Ali (III A)



My Favourite Sport in Olympics

My favourite sport in the Olympics is Badminton. Badminton is a sport played using racquets to hit a shuttlecock across a net. The most common forms of the game are 'Singles' and 'Doubles.' Badminton is often played as a casual outdoor activity in a yard. Formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. In this sport, a player needs 21 points to win a set. In the recent Olympics held in Tokyo, B Sai Praneeth of India played in the Men's singles, while PV. Sindhu played in the Women's singles. PV Sindhu marched ahead and won the bronze medal in the Tokyo Olympics 2020. PV Sindhu is the only Indian badminton player to have won two Olympic medals.

Dhwani (IV A)

The person who inspires me . . .

His name is Cristiano Ronaldo.

Occupation – Footballer

Cristiano Ronaldo is a Portuguese professional footballer who plays as a forward attacker and captains the Portugal national team, Juventus...

Cristiano Ronaldo is often considered the best player in the world and is widely regarded as one of the greatest players of all time. Ronaldo has won five Ballon d'Or awards, 32 major trophies in his career including seven league titles. And also Ronaldo holds the records for most goals and assists in the Champions League. He is one of the few recorded players to have made over 1,100 professional career appearances and has scored over 780 official senior career goals for his club and country.

And I am amazed thinking about it again and again.



Hargun Singh Batra (V A)



INDIA AT OLYMPICS GAMES.....



The Summer Olympics Games, also known as the Games of the Olympiad, are a major international multi-sport event normally held once every four years. The Games were first held in 1896 in Athens, Greece, and most recently the 2020 Summer Olympics was held in 2021 in Tokyo, Japan. The International Olympic Committee (IOC) organises the games and oversees the host city's preparations. In each Olympic event, gold medals are awarded for first place, silver medals are awarded for second place, and bronze medals are awarded for third place; this tradition began in 1904. The Winter Olympic Games were created out of the success of the Summer Olympics.

As we know, the recent summer Olympics were held in 2021 in Tokyo, Japan. India also participated in the Tokyo 2020 Olympics and our players performed well. There were 67 men players and 52 female players from India. Some players who won medals in top games are- Neeraj Chopra won Gold medal in Javelin Throw, Ravi Kumar Dahiya won Silver medal in wrestling of 57 kg, Mirabai Chanu won silver medal in weight lifting of 49 kg women, PV Sindhu won bronze in Women's Single Badminton, Lovlina Borgohian won bronze in Women's Welterweight Boxing, Indian Men Hockey team won Bronze in Hockey and Bajarang Punia won Bronze in Wrestling of 65 kg.

Mr Marshawn Lynch has rightly said that "When you get to practice against the best, it brings the best out of you". Best wishes to our winners at the Tokyo Olympics and good luck for the next Olympics Games.

Harsimrat Kaur (VI D)

My Favourite Game - Marathon

My favourite game is Marathon. In this game, one runs fast and needs a lot of practice to run fast. India has won many medals in the marathon. It teaches us that with practice we can achieve any goal. I love this game because it is an individual game. One has to put in effort and dedication to get a result. It teaches self-discipline. For an athlete, discipline is the most important thing. To learn any other game we should have habits like discipline, consistency and determination and Marathon is a game that teaches us all of these. I look up to my neighbour, Ramanjot Kaur who is an athlete and she inspired me to choose this game. To pursue this game, I have participated in many marathons. After watching Olympics, I got inspired as many players have brought medals for their country. I also want to bring fame to my country. With practice and determination, I am sure I will fulfill my dream.

Heemakish Batish (III A)





THE ROLE OF A COACH IN BRINGING MEDALS

Sports coaches assist athletes in developing them to achieve their full potential. They are responsible for training athletes in a sport by analyzing their performances, instructing them in relevant skills and by encouraging. The coach is also responsible for guiding the athlete in life and their chosen sport. Consequently, the role of the coach varies from being an instructor, assessor, friend, mentor, facilitator, chauffeur, demonstrator, adviser, supporter, fact finder, motivator, counsellor, organizer, planner to the Fountain of all Knowledge. Concerning sports, the role of the coach is to create the right conditions for learning to happen and to find ways of motivating the athletes. Most athletes are highly motivated and therefore the task is to maintain that motivation and to generate excitement and enthusiasm. The coach will need to be able to: assist athletes to prepare training programs, communicate effectively with athletes, assist athletes to develop new skills, use evaluation tests to monitor training progress and predict performance. Therefore, you can see that it is a very difficult task and requires a very special person.

Inderveer Singh (IV A)

We expect the fruit but don't sow the seed. . .

"When women progress, we all progress. No country can get ahead when it leaves half of its population behind"
– Melanne Vermeer



Sports are not for girls. Who will marry you if you play in the sun and become dark?" Most girls interested in sports have to face these questions. Similarly, Rani Rampal's parents had to hear what others were saying. But after our women's hockey team secured the 4th position, no one even squeaked a word. Once, Sania Mirza raised the question about women not getting equal prize money even though they are in the same field. This happens because a few conservative people think that women are only limited to household chores. When they try to step out of their so-called 'boundary line', people discourage them immensely. If they lose the game, they are showered with sarcastic comments, but if they manage to win, they are engulfed with prizes, cash rewards, posters related to women empowerment. But why? Why are they only appreciated if they win, not if they try, even by overcoming all odds? The answer is simple, 'Patriarchal Mindset'. If this mindset changes, a lot can change. If more women are encouraged to follow their dreams, the country's ranking will rise in all fields, be it sports, business or anything. We all are humans and deserve equal opportunity. I am proud of our girls from the hockey team and I salute them for their zeal, dedication and their confidence.

Namya Bhandari (VII D)



HARDWORK AND INTEGRITY TO CONQUER SPORTS

The foundation of Sports, at whatever level, is built on the principles of fairness, and respect. Sports at a grassroots level needs to be safe and fair. It needs to be honest, respectful, and have integrity. Without hard work, fairness and integrity sports can lose their relevance and meaning. In the perfect world, sports would always have integrity. It's very important that all of us that care about community sport work together to protect the integrity of sports. Win, lose or draw- Competition should be honest and people should respect the efforts and participation of everyone involved. Work is the key to success, and hard work can help you accomplish anything. Consistent hard work leads to success. There is never any shortcut to success but hard work complimented with the desire to achieve makes success bigger. Suffice it to say that hard work and integrity are the pillars to conquer our dreams, goals and ambitions.

Kanavvir Singh (III B)

Hockey – Our National Game

Hockey is a famous sport which is played by two opponent teams with a curved stick and a ball. Hockey is an outdoor game which is played by 11 players in each team. Hockey is one of the ancient sports of the world. In India, the British Empire made this game popular. Hockey is the National game of India. Hockey includes three types of variation of Hockey- Bandy hockey, Ice hockey and Field Hockey. The word 'Hockey' is still unknown, but experts say that the shape of a hockey stick is like a curved hook, that's why the game's name is considered Hockey. In 1928, the Indian Hockey team which was the first non-European team had won the gold medal, the first Olympic gold medal of India, and after that India won many gold medals. Many tremendous players play Hockey in Indian Team like Dhyan Chand, Ajit Pal Singh and Dhanraj Pillay. The day of 1928 when India won its first gold medal in the Amsterdam Olympic Championship is still an unforgettable moment for Indian hockey.



Karanvir Singh (IV A)



An exclusive interview with Olympian Shivendra Singh, Coach of the Indian Hockey Team.

Shivendra Singh (born 9 June 1983 in Gwalior, Madhya Pradesh) is a former Indian field hockey player who played as a centre forward in the Indian team. Now, he is serving as a coach to the Indian hockey team who won a bronze medal at the Olympics. Here are excerpts from the interview:

Manraj- I am very happy to meet you and thank you for giving me time to interview you. First of all, I want to congratulate you on winning the bronze medal at the Olympics. Our Indian hockey team played brilliantly.

How was your experience

Coach- My experience was very good at the Olympics. We were focused on our game and won a bronze medal in the Olympics in hockey after 41 years.

Manraj- How was the performance of the Indian hockey women's team at the Olympics this year?

Coach- Women's hockey team played very well. This was the first time they entered the semifinals and scored 4th position. That's commendable! Similarly, the men's hockey team won a bronze medal after 41 years. This is a big achievement for us.

Manraj- How can we get more medals in the Olympics?

Coach- If children like you start adopting one game in childhood and keep practicing then we can get more medals. Kids should be encouraged to opt for sports in schools.

Manraj - Who is your role model?

Coach- When I was a player, my role model was Dhanraj Pillay. Now, as I am a coach, my role model is Rick Charlesworth who won gold medals with the women's and men's hockey teams and gold medals at the World Cup.

Manraj - What is your dream?

Coach- As a player, my dream was to win a gold medal for India. Now as I am a coach I want my team to win gold medals at the Olympics.

Manraj- How much effort have you put into winning a bronze medal at the Olympics?

Coach- We have been practicing very hard for 2 years. We used to practice in the Corona epidemic. When we reached Tokyo, there also, we used to practice in hot weather as we wanted our bodies to adapt to the climate over there. We didn't waste any time.

Manraj- Any advice for kids?

Coach - Children should adopt one sport and they should practice daily. Children should go out in open places, grounds, parks etc. to play outdoor games instead of indoor games. They should limit their time on video games.

Manraj - Any recommended diet for kids for becoming a player?

Coach- Children should eat a balanced diet. Eggs, milk twice a day, green vegetables, dry fruits should be eaten daily. Children should avoid fried food.

Manraj- I felt awesome meeting you. It was a great experience. I wish you all the best for your future.

Coach- Same here. Thank you.



Manraj (III B)



Hard Work and Integrity to Conquer Sports

When I hear the word dedication, the first thing that comes to my mind is sports. A dedicated athlete is willing to do the extra work, show up to every practice to get better, and do not accept defeat. When someone tells you that you cannot do something, you use that as fuel for the fire, not something that stamps it out. There was a swimmer that wanted to drop a whole second in her 50 freestyle her senior year. In swimming, that is a lot of time, especially at her level. Another girl laughed at her goal because she knew how challenging it would be. Eventually, she dropped that second that she wanted because she wanted it and she worked for it. She could do it because she was dedicated and did not let other's negative comments get to her head. It's very difficult to provide any type of formal definition of what integrity in sport is. The fact is that it means different things to different people. For me it's just simple, PLAY BY RULES. We might think of excellent practices being those that represent good sportspersonship. This can extend beyond just following the rules to acting in ways that promote good sporting values. For example, helping a referee by being honest over whether a foul has occurred, or a ball has landed in or out of bounds. There are also examples of practices that threaten sports integrity. Cheating and doping in sport, are two high profile examples of competitors seeking to gain an advantage dishonestly. That's why we should use hard work and integrity to conquer sports.

Saanvi Dadwal (V B)



My favourite sport in Olympics

My favourite sport in Olympics is Hockey. Hockey is our national game; it is followed worldwide but in India, it is regarded as one of the best field games. I love hockey because it is a very thrilling sport. It helps me keep my body fit as a lot of running is required to play hockey. Recently India has won a bronze medal in Olympics after 41 years, this will help youngsters especially children to take up hockey as a sport and excel in their life. Hockey is played with 2 teams having 11 players each, out of which one is a goalkeeper. It is played within a fixed time of 70 minutes. Hockey is mostly played on Astroturf grounds which mean synthetic grass. Our Government is promoting hockey these days in schools and colleges so that maximum students can play hockey. It was started on 29th October 1908. Major Dhyan Chand was an Indian field hockey player widely regarded as one of the greatest in the history of the sport. The development of the modern version of organized ice hockey, played as a team sport is often credited to James Creighton.



Ishraj Singh (V B)



Know about Olympic Games

Welcome to the exciting adventure of the Olympic Games. The ancient Olympic Games began in the year 776 BC, when Koromiko, a cook from the nearby city of Elis, won the stadium race, a foot race 600 feet long. From 776 BC, the Games were held in Olympia every four years for almost 12 centuries. The ancient Greeks loved to compete in all sports. Each year, the various city-states of Greece sent athletes to festivals of games, which were held to honour the gods. The most important and prestigious were the games held at Olympia to honour Zeus, the king of gods. The modern Olympic Games began in 1896. When the Olympic sports organisation started, it only had 105 active members, 45 honorary members, but even that never stopped it to grow. The athletes competed in 43 events covering athletics (track and field), cycling, swimming, gymnastics, weightlifting, wrestling, fencing, shooting, and tennis. Currently, in 2021, the Olympic program consists of 35 different sports, 53 disciplines and more than 400 events. The Summer Olympics includes 28 sports with 38 disciplines and the Winter Olympics includes 7 sports with 15 disciplines. Since the first modern games in 1896, there are some sports dropped out of the Olympics schedule like Cricket, Croquet, Pelota, Polo, Jeu de Pauma, Motorboating, Lacrosse, Tug of war, Roque etc. The latest removed sport is golf and rugby in 2016. Only 5 countries have been respected at every modern Summer Olympic Games: Greece, Great Britain, France, Switzerland and Australia. The gold medals are not made of pure gold but of silver and finished with gold. The last time they were made entirely out of gold was in 1912 Olympic Games.

Vihaan Soin (IV A)

OLYMPICS 2020

India completed the 2020 summer Olympics in Tokyo Japan originally, scheduled to take place from 24 July to 9 August 2020; the games were postponed to 23 July to 8 August 2021 due to COVID-19 Pandemic. India has appeared in every edition of the summer Olympics since 1920. The nation sent its largest-ever contingent of 126 competitors to the 2020 games. To date, the 2020 summer Olympics winning 7 medals (1 Gold, 2 Silver and 4 Bronzes). The Indian contingents participated in a record 69 events and earned medals across 18 athletic disciplines.

In the men Javelin throw Neeraj Chopra won India's first-ever gold medal in athletics, the nation's second-ever individual gold since the Beijing 2008 Olympics, won by Abhinav Bindra (Shooting). Saikhom Mirabai Chanu won India's first-ever silver in women's weightlifting (49 kgs), while PV Sandhu won a bronze in women's badminton to become the first Indian female athlete and second Indian to win two consecutive Olympic medals for Individual events Lovlina Borgohain won bronze in women's Boxing.

One of my favourite hobbies is playing badminton which is very exciting yet turns my passion on. I played my first badminton match at the age of 8 with my uncle and I got inspired by it. As I am keen on watching Olympic old videos with my family, I will definitely want to go for the Olympics if I will ever get a chance. My Passion is my dream after watching the enthusiasm of our Olympic heroes.

Prabhnor Singh Sehgal (V D)



MY FAVOURITE OLYMPIC SPORT

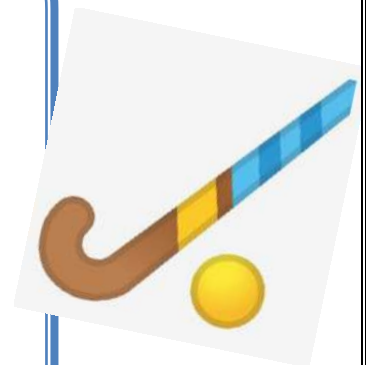
My favourite Olympic game is Hockey. It is also the national game of India. I firmly believe that Hockey isn't just a game, it is a lifestyle. I love the Indian Hockey team. This game is played with twists and turns. The motive or aim of this game is to score as many goals as possible against the opposite team. Hockey is widely respected in India. India has many brilliant players that played for the country and it is the oldest known Game. I love to watch hockey matches. Our hockey team is also known as 'Men in Blue Bharat Army'. This time, I never missed a single Hockey match. My favourite hockey player is Manpreet Singh. He is also the captain of the Indian team. I love his playing techniques. He is so dedicated to the team as well as the game. I was so happy the day our team won against Germany. I was so proud of the Indian Hockey team as they won a bronze medal for our country. I feel Hockey has a certain rhythm to it. Every shift, every game and every tournament is inevitably packed with ebbs and flow. I love my Hockey team.



Navraj Singh (V D)

Our National Game Hockey

Hockey is the national game of India. Hockey is an English game that was introduced to India by the British. The British regiments brought up this game before Independence and from then Hockey became a famous game in our country. India started gaining attention through the game Hockey. In 1928, India made history winning gold medals in the Amsterdam Olympics. Dhyana Chand, the most prominent Hockey player of India, made our country reach heights during his tenure in the team. The period he was with our Indian Team was considered the Golden Era of the Indian Hockey Team. Not only him; Balbir Singh, Dhanraj Pillai and Dilip Tirke are few other remarkable players who marked their footprints in the history of India Hockey. Today, Hockey is one of the most played games in India. Hockey is famous as an interesting game; you cannot take eyes from the start of the game till the last minute. Outstanding players are rewarded and awarded every year and the famous trophies allied with Hockey are Dhyana Chand Trophy, Lady Ratan Trophy (for women), Nehru Trophy, Ragaswamy Cup. The governing body of Hockey in India embraces the participation of Women too. Indian Women's Hockey Team represents National Team for Women.



Shanava (IV A)

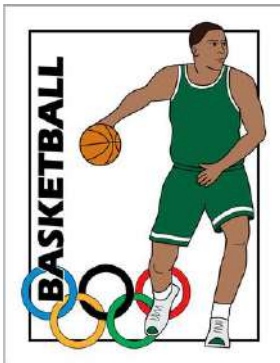


My favourite sport in the Olympics is Javelin Throw

The Javelin throw is a track and field event where the javelin, a spear about 2.5 m (8 ft 2 in) in length, is thrown. The javelin thrower gains momentum by running within a predetermined area. Javelin throwing is an event of both the men's decathlon and the women's heptathlon. One of our proud moments had been achieved by Neeraj Chopra from India had won a gold medal for Javelin Throw in Olympics 2020-2021. Neeraj was born on 24 December 1997 in a family of farmers from the small village of Khandar in Panipat, Haryana. Neeraj started javelin to reduce weight as he was quite healthy and quickly took a liking to the sport. He came into prominence with his performance at the World U-20 Championship, Poland where he set a new Junior World Record with a throw of 86.48m. He won Asian Championship 2017 in Bhubaneswar with a throw of 85.23 m. Thereafter, Neeraj started training under the legendary Uwe Hohn of Germany and won the Gold medal in Commonwealth Games 2018 with a throw of 86.47m and threw his personal best of 87.43m in the Doha leg of Diamond League 2018. He won the Asian Games with a throw of 88.06m. Subedar Neeraj Chopra created history by winning the nations' first Gold Medal in Javelin Throw with a gigantic throw of 87.58m at the Tokyo Olympics 2020-2021. Chopra won India's seventh medal and first gold in this Olympics. Star javelin thrower Neeraj Chopra became only the second Indian to win an individual gold in the Olympics, out-performing the field by quite a distance to notch up the first track-and-field Games medal for the country. The story of Neeraj Chopra tells us that if we work hard we can accomplish and fulfill our Dreams.



Sreeja Karmakar (V B)



My favorite Olympic games

My favourite game in the Olympics games is basketball. I have seen many matches of basketball and I play basketball too. I want to become a basketball player when I grow up. I wish to play for my country and bring laurels to Olympic Games.

Simran Verma (V A)

Lessons to learn from Olympics

Every sportsman works hard to win medals in the game and bring home laurels. The game teaches us many life lessons which one can follow in his/her life forever. Apart from enjoying the four-yearly sporting event, many real-life stories grabbed our attention. A dream does not become reality through magic it takes sweat, determination and hard work. Our medal winners like Neeraj Chopra, Meera Bai Chanu, hockey team players have set an example for us, the young brigade to stay focussed and disciplined in whatever sport we play.

Surkhab Sodhi (III A)



India at Olympic Games

India sent its first athlete to Summer Olympics in 1900; however, India sent the first Indian national team to the Olympics in 1920. In 1920, the Indian team comprising of three athletes, two wrestlers, and two managers was sent to the Olympics. In 1924, the Indian team comprising of seven athletes, seven tennis players, and a team manager sent to Paris Olympics. In 1927, the provisional Indian Olympic Committee formally became the Indian Olympic Association. In 1928, along with athletes and other teams, India sent a hockey team. Indian hockey team won first Olympic gold medal. Indian hockey team won six consecutive Olympic gold medals from 1928 to 1956. Indian hockey team won Olympic medals twelve times. They won gold medals eight times, silver medals once, and bronze medals three times.

In the recent Tokyo Olympics, we won a total of seven medals. Neeraj Chopra won a gold medal in Javelin. He is the first Indian to win a gold medal in this track and the second Indian to win an individual gold medal in Olympics. Before Neeraj, Abhinav Bindra won the individual gold medal in men's 10-meter air rifle. If we look back into history that how India's Olympic participation journey has started in 1900 with only one athlete to 2020 Tokyo Olympic with 124 athletes' participation, it is very encouraging that India is focusing on sports education however to get excellent results like USA, China, and Japan, miles to go.

Survanshi Bhandari (V A)



The role of a coach in bringing medals

Coach in other words – A Guru, A Mentor, A Guide, An Expert or a Master of certain knowledge of the field. Indian culture has always given importance to the Guru and Student relationship. There is a great role of the Coach in bringing medals. Coaches remove the negative energy from our minds and lives with their knowledge and experience and fill energy and positivity in our minds. They not only trained us but also motivate us. Coach is a sea full of Knowledge, Advising, Assessing, Counselling, Demonstrating, Motivating and Supporting. There is a great role of a coach in players bringing or winning medals. It is the responsibility of a player to abundantly listen and follow the guidance given by his coach. A coach is a person who feels more pleased and satisfied than a player who wins a medal. Technology mixed with experience full of coaching can do miracles in winning medals. Small and poor countries like Cuba, Kenya, Norway, Serbia etc. won a lot of medals just because of the hard work of players and quality of coaching they get.

Vaasu Bhatia (V A)



Olympics

The Olympics is a leading sports event featuring summer and winter sports competitions in which thousands of athletes over the globe perform in various competitions. Olympic Games are the world's foremost sports competition with more than 200 nations participating.

Anciently, Olympics was a Panhellenic festival held every fourth year, made up of contests of sports, music, and literature with the victor's prize a crown of wild olives. The history of this event began approximately 2300 years ago. Originally it was known as the Olympia games and held in Olympia an area in ancient Greece. Although there are some theories on its initial purposes, the Games have been said to have started as a festival of art and sport, to worship gods.

India first participated in the Olympics in the year 1900. Norman Gilbert Pritchard won two silver medals which made India the first Asian country to win a medal at the Olympics. India has won 10 golds, 9 silvers and 16 bronze medals making a total of 35 medals won by our country till date. Despite the adverse conditions in our country, with lack of opportunities and poverty increasing day by day, we had over 120 athletes representing our country this year which stands to be a record in itself for our country. Our Men's hockey team also won a bronze medal after 41 years and created history. Our country has a lot of talent and human resources, and with time and financial resources, our country can excel even better at the Olympics.

Sayuri Kapoor (IX B)

My Favorite Olympics Sport

In ancient Greece, the Ancient Olympics were religious and athletic festivals that were held every four years at the sanctuary of God Zeus in Olympia, Greece. The modern Olympics do happen after every four years following its ancient rules but now, instead of just Greece participating in the Olympics, now more than two hundred countries participate in the Olympics.

The Olympics have a variety of sports to display each participant's talents, such as archery, athletics, badminton, artistic swimming, fencing and even diving. All around the world people view the Olympics anticipating their favourite sport to be presented.

The sport which I eagerly wait to watch is figure skating. Figure skating is a sport in which individuals, pairs or groups perform on figure skates on ice. It is also known as Ice Dance.

I find figure skating quite charming and captivating as the skaters perform their alluring dance on ice while maintaining their balance, which is no easy feat. It is alarmingly difficult to stand on it, much less dance on it. I admire the amount of hard work they put into their craft to look so elegant and graceful on the ice rink.

As someone who has tried ice-skating before and has fallen multiple times, I find myself speechless when I watch the skater's elegant jumps and tricks. The balance is immaculate as they can pull off such difficult and gut-wrenching tricks and acts which seem impossible to be done on flat land much less on ice!

Figure skating is an exquisite sport that brings out the hidden "swan" in a human being. Figure skaters to me, look ethereal when they perform such stunts with graciousness. It looks very mythical.



Wanasiri Bhatti (X A), Vice Editorial Head



Paralympics 2020



Paralympic Games

Every four years, a series of international multi-sport events are held known as the Paralympics. This event features a variety of athletes with disabilities. The Paralympic Games are held concurrently with the Olympic Games. The first Paralympics were held in 1960. There were 405 athletes from 23 countries competing at the Stoke Mandeville Games, which became the Paralympic Games. These have since been held once every four years. The first Winter Paralympic Games were held in Sweden in 1976, and have occurred every four years since then, as well

as holding an Opening Ceremony and Closing Ceremony. Also held are the Special Olympics World Games, for which the IOC gives recognition, and the Deaflympics, which attract deaf athletes. The 2020 summer Paralympics were held in Tokyo. This was a major international multisport parasports event governed by the International Paralympic Committee. The 16th Summer Paralympics took place from 24 August to 5 September 2021 in Tokyo, Japan. Due to the COVID-19 pandemic, the event, originally set for 25 August to 6 September 2020, has been postponed to 2021. The Tokyo 2020 Paralympics was well organized and all the precautionary measures for COVID-19 were taken.

The opening ceremony was held on 24th August 2021 at the Olympic stadium in Tokyo, Japan. The theme of the opening ceremony was “Moving Forward: We Have Wings”, encompassing all things air travel. In addition, the theme was aviation. With 96 golds and 207 medals, China led the medal table for a fifth consecutive time. In total, 41 golds and 124 total medals were awarded to Great Britain, marking its ninth consecutive second-place finish. In addition to 37 golds, the U.S. won 104 medals in total, which was their best finish since 2008.



India finished 24th with a record of 19 medals, the most medals they have ever won in a single edition of the Paralympics. Some of the best mentions are Krishna Nagar who won gold in the men’s singles badminton in the SL6 category. And as the first Indian player to win badminton gold in the SL3 category at the Paralympics, four-time world champion Pramod Bhagat made history. Avani Lekhara bagged a gold in the women’s 10m air rifle standing event and a bronze in the shooting women’s 50 rifles 3 positions SH1 event. In the P4 Mixed 50m Pistol SH1 event, Manish Narwal is the current world record holder, and he took home a gold medal and a Paralympic record. With a throw of 44.38 meters, Yogesh Kathuniya won silver in the men's discus throw F56. In the Women's Singles Class 4 category, Bhavinaben Patel finished silver after losing to China's Zhou Ying, the first Indian to win a Paralympic medal in table tennis history. It is safe to say that this Paralympics was a requisite one for India, despite a few losses here and there. India's name will be written in history thanks to these Paralympic athletes, who have won 5 gold, 8 silver, and 6 bronze medals.

Achint Hans (XII Humanities) SSW Editorial Head



Inspiration from The Olympics

Life isn't always about winning or losing; it's about getting up and trying again

-Daniel L. Lewis

India's performance at the 2021 Olympic Games was great and something to be noticed is that this year we got a lot to learn from our hard-working athletes. India won a total of 7 medals but more importantly, there were more participants this time.

Be it archer Pravin Jadhav who started with bamboo sticks or Bhawna Jat, who had to move past numerous social barriers, all of them are equally deserving. Even if most could not win a medal, that doesn't mean that they didn't try. They have the will to do it and they will keep trying until they achieve their dream. This is something we should learn from them and implement in our lives. We must **Never Give Up!** Failures are a part of the road that takes you to success. Why is everyone worried about how many medals India won in the Olympics? Why can't we simply consider the fact that every participant tried their level best? It's not an easy task to be a part of the Olympic games. If you never stop trying, you are a winner, just like our athletes.

It is not only about sports. You can win and succeed in any field you desire if you have the will to keep trying. We must all always remember that **'Success is achieved and maintained by those who try and keep trying.'**

Kananreet Kaur (X A), Editorial Head

The Olympics

I am going to the Olympic Games
I want to be the best
If I'll win, I will get the fame
I will wear the medals on my chest

I want to be the winner
And then I will win the Gold
My mom says come for dinner
My food is getting cold.

Navva Khatri (IV A)



Aarav Verma (V A)



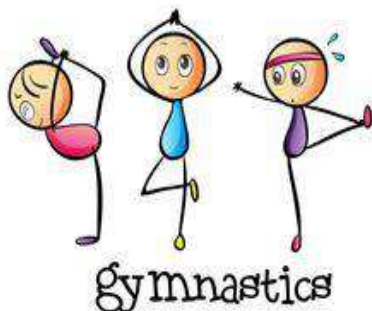
The Olympic Games, which originated in ancient Greece as many as 3,000 years ago, were revived in the late 19th century and have become the world's preeminent sporting competition. From the 8th century B.C. to the 4th century A.D., the Games were held every four years in Olympia, located in the western Peloponnese peninsula, in honour of the god Zeus. The first written records of the ancient Olympic Games date to 776 B.C. when a cook named Coroebus won the only event—a 192-meter footrace called the Stade to become the first Olympic champion. However, it is generally believed that the Games had been going on for many years by that time. Legend has it that Heracles, son of Zeus and the mortal woman Alcmena, founded the Games, which by the end of the 6th century B.C had become the most famous of all Greek sporting festivals.

The ancient Olympics were held every four years between August 6 and September 19 during a religious festival honouring Zeus. The Games were named for their location at Olympia, a sacred site located near the western coast of the Peloponnese peninsula in southern Greece. Their influence was so great that ancient historians began to measure time by the four-year increments in between Olympic Games, which were known as Olympiads.

The first modern Olympics were held in Athens, Greece, in 1896. The Olympics truly took off as an international sporting event after 1924, when the VIII Games were held in Paris. The Winter Olympics debuted that year, including such events as figure skating, ice hockey, bobsledding and the biathlon. Eighty years later, when the 2004 Summer Olympics returned to Athens for the first time in more than a century, nearly 11,000 athletes from a record 201 countries competed. In a gesture that joined both ancient and modern Olympic traditions, the shotput competition that year was held at the site of the classical Games in Olympia.

Surkhab Sodhi (III B)

Gymnastics



My favourite sport in Olympics is Gymnastics. It is a physical exercise that requires balance, strength, agility, flexibility, coordination and endurance. The movements involved in gymnastics contribute to the development of arms, legs, shoulder, back, chest and abdominal muscle groups. I like gymnastics because it's fun to perform and it does not just help to make me fit physically but mentally also. Gymnastics was founded by a person named Friedrich Ludwig John from Germany in 1813. I practice gymnastics and it has made my body flexible. I love to show my gymnastic moves to my family and friends as it also motivate them to stay healthy.

Arjun Upreti (V A)



India in Olympics

India has won 35 medals since the 1900 Olympics. 10 of them were gold, 9 were silver and 16 were bronze. India has been improving in the Olympics over the years. Mostly India wins 5-7 medals in the Olympics in one year. This year India for the first time in its history won in athletics. This year India has won 7 medals which is 1/5 of the total medals in the 121 years of playing in the Olympic Games. India has won 1 gold medal, 2 silver medals and 4 bronze medals this year in the 2020 Tokyo Olympics.

This year India has won its first gold in athletics in the Olympics. Neeraj Chopra did that. He threw the javelin 84.24 m. This is the only gold out of the seven medals.

This year two athletes have won silver:

1. Ravi Kumar Dahiya won silver in wrestling 57 kg.
2. Mirabai Chanu who won a silver in weight lifting (49 kg)

This year four athletes won bronze:

1. PV Sindhu in women's badminton
2. Lovlina Borgohain in Women's Welterweight Boxing
3. Indian Hockey team won a bronze in hockey
4. Bajarang Punia in Wrestling (65 Kg)

Pradyot Khandai (V C)

An Olympic Dream and Beyond

It is not every four years; it is every day.



The Olympic Games also known as the Games of the Olympiad are a major internationally held multi-sport event. The Tokyo 2020 Olympics were recently held giving India its biggest medal tally in both Olympics and Paralympics. The Olympics have never been postponed, so to keep the prevailing tradition the committee decided to call it the Tokyo 2020 Olympics instead of using the odd year 2021.

Olympic dreams are built on narrow weak threads. It requires tremendous courage to even dream something this big. I can only imagine that when you are at the games, it isn't about you anymore, you are just this small person who is a part of something so magnificently exciting and huge. You devote your entire existence to the games, and then your worth matters on how your performance in those few minutes of action. Sports is brutal, it can be life-defining and it doesn't believe in giving second chances. Yesterday means nothing here, you have to come out there and prove yourself every single day, again. It's an excruciating process, but it is also beautiful. Working hard isn't what is going to make you a champion here. Everyone to some extent is working hard. You can't be limitless; it's a fictional concept and it doesn't exist. But you can know your limits and you can break them every single day.

We wonder that why Olympic athletes often cry when they win. They do so because it is a relief. It is knowing that all your sacrifices have finally yielded reward. Sweat and tears are both salty and athletes know the taste well of both. Olympians, the word itself gives me chills. I myself am a 10m Rifle Shooter. I compete and devote many hours of my day to training. Being in sports you feel like a little child, brought to a circus, and you want to take in everything that you can. Olympic athletes have a visible drive in them, they don't motivate, they are a motivation for others. I being in sports myself see the fire, I know the fire and I too like all the athletes in the world appreciate getting burnt in it. It's about coming together through the power of sport. It's about giving it all and knowing that big dreams like the Olympics can come true. I would like to end with the words of Pierre De Coubertin, founder of the modern Olympics he said, "The spirit of the games is not about winning but taking part. The essential thing in life isn't conquering but fighting well."

Navnoor Rana (X A), School Captain Girls



Ashit Arora (V A)



Tejdeep Singh (V C)

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