## 7th Haryana State level ice skating competition

Grade 7-B's ice skater, Ananya Swami, showcased exceptional skill and dedication, securing a Bronze medal in the 7th Haryana State level ice skating competition from January 1to4 2023. Congratulations to Ananya on this remarkable achievement!





Subject: Car Display for School Fete

Dear,

Greetings from Suncity School!

We are reaching out to invite you to participate in our upcoming school fete, scheduled to take place on Saturday 20<sup>TH</sup> January 2024 at Suncity School. We believe your car display would be a fantastic addition to our event.

Our school fete boasts a vibrant atmosphere, and the location is prime, ensuring maximum visibility for participating vendors. It's an excellent opportunity for you to showcase your cars to a diverse audience.

If you are interested in booking a stall or would like more information, please feel free to contact the undersigned on 9811775498. We look forward to the possibility of having your esteemed brand join us for this exciting event.

Best regards, Deepika Mehndiratta HOD-Sports Suncity School

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'Sonali Gaba' <sonalig@suncityschool.in'; 'palak@suncityschool.in'; 'shefali@suncityschool.in'; 'shefali@suncityschool.in'; 'antramiddle@suncityschool.in';
'Nehajain@suncityschool.in'; 'tanaya@suncityschool.in'; 'priyavaibhav@suncityschool.in'; 'satkirti@suncityschool.in'; 'shazia@suncityschool.in'; 'priyam@suncityschool.in';
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Dear ma'am,

I suggest this Friday, you can ask the children to bring bottles and we can commence the outing on Saturday and u can start working with the help of nannies. PYP has committed to providing 100 bottles of lemon pickle, and the bottles will be sourced from the students. as requested, the footfall last year ranged from 3000 to 4000

#### **Arz Bhatia Class 8 D**

- Played National Amateur Chess Championship in Sangrur Punjab Feb 2023 and increased his FIDE Rating by 35.6
- Played Abu Dhabi Chess Festival International OPEN and increased his FIDE Rating by 24.4 (Starting Rank 150 & Final Rank 127)
- Played Abu Dhabi Chess Festival International BLITZ OPEN and opened his BLITZ FIDE Rating to 1177
- Played Abu Dhabi Chess Festival International JUNIORS and increased his FIDE Rating by 76.4 (Starting rank 111 & Final Rank 60)
- Played Academy Cricket match against Modern School Vasant Vihar and WON Best Bowler Trophy
- Played Academy Cricket match for Malcha Marg Academy and WON Best Bowler Trophy
- Played 1st Matrix Cup Delhi OPEN in Oct 23 and achieved 6 out of 9 points (Starting Rank 273 & Final Rank 137)

#### Ekam

- Qualified for the World Amateur Championship at the National Amateur Chess Championship in Sangrur (February 2023)
- Increased his FIDE Rating by 30 points at the Delhi Grand Masters Open International Tournament held in Delhi (March 2023)
- Secured 2nd rank (in the Under 1,600 Fide Rating Category) at the Holi International Chess Tournament held in Udaipur (April 2023); also increased his FIDE Rating by 110 points and won a cash prize of INR 55,000/-
- Increased his FIDE Rating by 27 points at Late Shri Dhiraj Singh Raghuvanshi Memorial National Chess Tournament in Rudrapur (May 2023); also won a cash prize of INR 5,000/-
- Secured 19th rank (amongst 270+ participants from 40 countries) at the Abu Dhabi International Juniors Category Chess Festival (August 2023); also increased his FIDE Rating by 26 points
- Increased his FIDE Rating by 132 points (reaching 1,546) at the Abu Dhabi International Open Category Chess Festival (August 2023)

Kindly find below the activities suggested by the EYP team for the Vanity Fair for your perusal and approval,

Thanking you



## Regards,

## Deepika

- 1. **Bubble Bonanza:** Set up a bubble station with wands and various bubble solutions. Kids can have a blast creating and chasing bubbles.
- 2. **Colorful Craft Corner:** Provide a crafting area with pre-cut shapes, glue, glitter, and markers. Kids can let their creativity shine by making simple crafts.
- 3. **Face Painting Fiesta:** Have face painters on hand to turn little faces into butterflies, superheroes, animals, or any other characters the kids desire.
- 4. **Playdough Paradise:** Set up a playdough station with various colors and small molds. Kids can sculpt and create their own imaginative masterpieces.
- 5. **Ducky Pond Dip:** Fill a small pool with rubber duckies, and kids can use a net to "fish" for a duck. Attach numbers to the ducks, and each number corresponds to a small prize.
- 6. **Puzzle Play Place:** Set up a puzzle area with age-appropriate puzzles. Kids can work individually or in small groups to solve the puzzles.
- 7. **Balloon Pop Wall:** Attach balloons to a board, each containing a small prize or a piece of paper with a fun activity written on it. Kids can pop a balloon to reveal their surprise.

Shubham demonstrates	
strong work ethic,	
possesses extensive	
knowledge in Yoga and	
various sports, and exhibits	
effective communication	
skills. He is a valuable	
candidate for consideration	

Dear Ma'am,

Date- 16<sup>th</sup> November 2023

Greetings!

I humbly request your assistance in arranging a doctor for Vanity Fair, preferably specializing in areas such as eyes, dental care, or psychological health. Last year, Dr. Gogia focused on SDGs in a stall. Kindly check with Director Ma'am regarding the payment for this arrangement.

Please check with Director ma'am regrading the payment.

Let's all work together to make this event a success.

Warm regards,

Deepika

Dear Sir,

Date- 16<sup>th</sup> November 2023

Greetings!

This is humbly request you to look for the following for the Vanity Fair:-

- 1. Ambulance
- 2. Fire Brigade
- 3. Tent (please check the color with Ma'am)
- 4. Police (need to be informed)
- 5. Parking ()

## 6. Selling of water bottle Let's all work together to make this event a success. Thanking you Warm regards, Deepika Lighting of the lamp/torch:-Host 1: the torch represents the spirit of sportsmanship and the pursuit of excellence. We would like to accord a warm welcome to our esteemed guest today and request to inaugurate the flame. Date- 16<sup>th</sup> November 2023 Respected Ma'am, Greetings! Enclosed, please find all the necessary papers for Vanity Fair, awaiting your review and approval. Regarding vendor payments, most are prepared to proceed, but Pankaj says that he doesn't have an indemnity bond. Kindly advise on the best course of action to ensure we do not miss any vendors. Thank you for your guidance. Warm regards,

## Report of Junior Badminton National Ranking Championship

Deepika

We're excited to share that Nandini Acharya from 6D took part in a Junior Badminton National Ranking Championship in Hyderabad from November 25th to 30th, 2023. She reached the quarterfinals. We wish her success in her future endeavors.

## **Report of National CBSE Archery Championship**

We are delighted to announce that Krish Gupta, a talented 12th-grade student, recently competed in the National CBSE Archery Championship held in Dehradun from [Insert Start Date] to [Insert End Date] in November 2023. He displayed exceptional skills and

dedication during the competition. We extend our best wishes to him for continued success in future championships.

Our children participated in the GD Goenka Sports Fiesta held at GD Goenka School sector 48 on November 3rd and 4th, 2023. Here are the results:

#### Lawn Tennis:

- Samarth Krishna of grade 3E secured the second position in the U-10 category.
- Anahita Sharma of grade 6G achieved the second position in the U-12 category.
- Aarna Bhatia of grade 7A earned the third position in the U-14 category.

#### Skating:

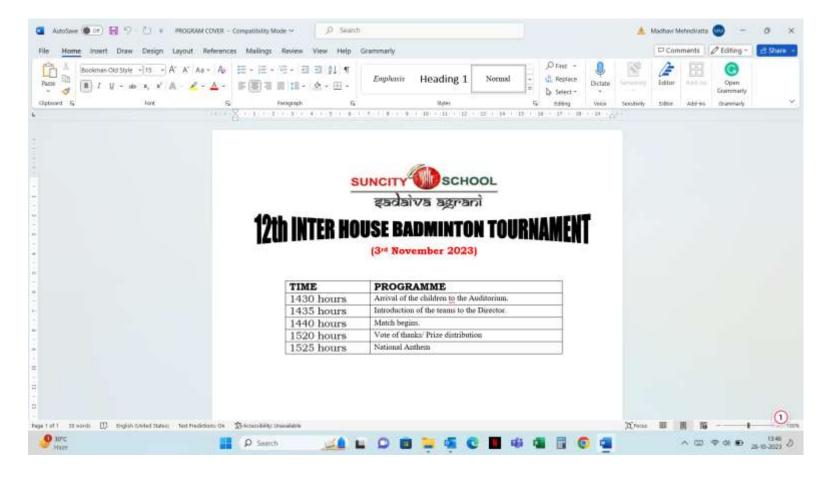
- Aishani Sengupta of grade 6E won two Gold medals in U-12 inline, and Deeva of grade 5H also secured two Gold medals.
  - Haridra Bahl of 2C and Riaan Khanna of 1B received two Silver medals in the U-8 Inline category.

#### **Table Tennis:**

Mahir Varma of grade 9C clinched a gold medal in the U-14 category.

#### Badminton:

- Yashvi Sachdeva of grade 3C excelled with a gold medal in the U-10 category.
- Nandini Acharya of grade 6D also achieved a gold medal in the U-12 category.
- Siddharth Srivastava of grade 6 earned a bronze medal in the U-12 category.



Wood - MDF
Polish color -as required by you. Black /brown
Top material- brass with nickled/ silver plating
( as required by you)
Look like stain less steel
But base material in brass



Multiple intelligences & me Winner 2022-2023

## SPORTS EQUIPMENT FOR MI-me Senior

- 1. Football Poles & Lawn Tennis Ball & cone
- 2. Cricket Bat & Ball (bounce till the second point)
- 3. Basketball Dribble
- 4. Small Hoopla & cones

>	Interaction with Ms. Rubina for the gymnastics coach vacancy at Suncity Sector 45 branch.	
>	Ms. Rubina is trained in Artistic gymnastics, which includes floor exercises, ribbon, hula hoop, and ball exercises.	
>	However, our requirement is for a coach trained in rhythmic gymnastics, covering balancing beam, vaulting table, and parallel bars, in addition to artistic gymnastics.	
>	Ms. Rubina is a fresher currently pursuing her BPED.	
>	She demonstrates good communication skills and has conducted classes effectively.	

Dear Sir, Greetings!

We kindly request your assistance in arranging transportation for our group of 20 students and approximately 2 teachers to and from **Panipat** from **Tuesday to Friday, 9**<sup>th</sup> **to 13 October 2023, between 6:00 am and 04:30 pm**, for the "CBSE Soccer Tournament."

Your continued support and cooperation are greatly appreciated.

Warm regards, Deepika

Name	Class	Reason
Atulyatej	10E	Hair
Aryan Kapoor	10D	Hair
Jayant Mittal	11A	Shoes
Deepak Jordy	11E	Socks

Ahaan Anand	11F	Hair
Angad Batra	11B	Hair
Sunyansh Thapa	10C	Hair
Aryaman Luther	10F	Hair
Abhishek Chauhan	10F	Hair
Sarthak Gupta	9C	Hair
Savar Gupta	8C	Hair
Suhaan Khanna	10A	Hair

Nandini Acharya from 6D took part in a
Junior Badminton National Ranking
Championship in Hyderabad from 25 <sup>th</sup> to
30 <sup>th</sup> November 2023
Veera Prathamvir from 10D participated
in the CBSE National Swimming
Championship held at Sonipat Haryana
from 6 <sup>th</sup> to 8 <sup>th</sup> November 2023
Krish Gupta of grade 12-A student,
recently competed in the National CBSE
Archery Championship held in Dehradun
from 5 <sup>th</sup> to 10 <sup>th</sup> November 2023.
Dhruvansh competed in the U-9 National
Chess Championship in Jamshedpur,
Rajasthan from 2 <sup>nd</sup> to 9 <sup>th</sup> November
2023

AMYRA PAHWA FROM GRADE 4-A AND MISHIKA VOHRA FROM GRADE 6-A, PARTICIPATED IN THE CBSE NATIONAL GYMNASTICS COMPETITION HELD AT AHMEDNAGAR FROM 4 <sup>TH</sup> TO 8 <sup>TH</sup> NOVEMBER 2023	Nandini Acharya from 6D took part in a Junior Badminton National Ranking Championship in Hyderabad from 25 <sup>th</sup> to 30 <sup>th</sup> November 2023
SPORTS FIESTA HELD AT GD GOENKA PUBLIC SCHOOL FROM 3 <sup>RD</sup> & 4 <sup>TH</sup> NOVEMBER 2023	Veera Prathamvir from 10D participated in the CBSE National Swimming Championship held at Sonipat Haryana from 6 <sup>th</sup> to 8 <sup>th</sup> November 2023
12 <sup>TH</sup> INTER HOUSE BADMINTON COMPETITION ON 3 <sup>RD</sup> NOVEMBER 2023	Krish Gupta of grade 12-A student, recently competed in the National CBSE Archery Championship held in Dehradun from 5 <sup>th</sup> to 10 <sup>th</sup> November 2023.
	Dhruvansh competed in the U-9 National Chess Championship in Jamshedpur, Rajasthan from 2 <sup>nd</sup> to 9 <sup>th</sup> November 2023

Yashas Sharma of grade 11-A participated in the State level Roll Ball Skating Competition held at Kaithal on 15 <sup>th</sup> October 2023	Trisha Kyal of grade 5-D participated in the CBSE Zonal Level Skating Competition held at Mohali from 18 <sup>th</sup> to 20 <sup>th</sup> October 2023
Devik Ahuja, from class 10-D, showcased an exceptional level of determination and performance during the State Level Soccer tournament held at Panipat from 12 <sup>th</sup> to 15 <sup>th</sup> October 2023.	Aviraj Agrawal from 1-B participated in under 6 aptitude tennis tournament held today at JTC Gulmohar Park Delhi and secured 2nd position
Veera Prathambir -10 Silver and 3 Bronze medals, in the girls' Group at the 2023 CBSE Swimming Championship. This championship was hosted by Montessori Cambridge School Pathankot from 9th to 13th October 2023.	Daksh Gandhi of grade 8-E outstanding performance earned him two well-deserved bronze medals, highlighting his dedication and skill in the pool.  Similarly, Veera Prathambir of grade 10-D demonstrated remarkable swimming prowess by clinching two bronze medals

	and a silver in this fiercely contested competition.
Amyra Pahwa, a bright student from Grade 4-A at Suncity School. She clinched a prestigious medal during the District Gymnastics competition held at Nehru Stadium on 9th & 10th October 2023.	Nandini Acharya from Grade 6-D and Sara Tanwar of grade 8-D have once more tasted success. They secured 3 <sup>rd</sup> position in the SGFI Haryana State Badminton Championship, held at Faridabad from 18 <sup>th</sup> & 19 <sup>th</sup> October 2023.
Aditya Dev Sibal participated in the 11 <sup>th</sup> GTA Open Lawn Tennis Tournament held at The Crest Courts Sector 53 Gurugram on 15 <sup>th</sup> October 2023.	

Ayaan Ghosh, representing grade 5-F, claimed victory in the open Lawn Tennis tournament at the Excellence Lawn Tennis Academy on Sunday 8th October 2023 Mahir Varma of grade 9-C clinched 3 Gold Medals and 3 Champion trophies, while Sanjana Verma of grade 10-C secured the Bronze Medal in the 57th Haryana State Table Tennis Championship in Jagadhri, Yamunanagar from 30th September to 6th October 2023. Deeva Kapur from Grade 5-H and Bhavya Singh from Grade 5-G showcased remarkable talent at the National-level Roll Ball Skating Competition held in Tamil Nadu from 27<sup>th</sup> to 30<sup>th</sup> September 2023. Aadit and Dhruvansh of grade 4-A won 1st & 3rd position in the Shatrani Championship hosted at Ridge Valley School on 5th October 2023 4 Swimmers won 8 Gold and 2 Bronze medals in the Inter-School Swimming Competition at Pathways World School, held on  $4^{th}$  &  $5^{th}$  October 2023 Inter-School Basketball and Soccer Competition held at Lancers School on 3rd to 6<sup>th</sup> October 2023 Anahita Sharma from grade 6-G and Arna Bhatia from grade 7-A, secured victory in the open Lawn Tennis tournament hosted at the Global Lawn Tennis Academy in Noida on 7th

## Minutes of the departmental meeting

## Minutes:

& 8th October 2023.

- 1. Mr. Bimal commenced the meeting with a demonstration on badminton footwork.
- 2. The department discussed the second-term syllabus.
- 3. Plans were made for students to create question papers.
- 4. Mr. Bimal introduced a balloon and racket activity for badminton practice and wrist movement in preparation for the inter-house competition.
- 5. Ideas were shared on making classes more engaging.
- 6. Team building activities were discussed.
- 7. The upcoming week's activities and assemblies were reviewed.
- 8. Detailed planning for the Inter-House Basketball Competition on October 27, 2023, was undertaken, and a responsible team was designated for its execution.

- 9. The meeting explored the theories of Physical Education, emphasizing both physical and mental well-being benefits.
- 11. Extensive discussions and preparations took place for the Parent-Teacher Meeting (PTM) and the upcoming subject week (Maths & Sports), with responsibilities allocated.
- 12. General rules and reminders were reinforced, including uniform checks, mobile device usage consequences, communication in English, values, and ethics.
- 13. Promotion of the Ekal Run on October 8th was discussed, emphasizing its social outreach purpose.
- 14. An outing to Vishalgarh Farms exclusively for Sunity school children was discussed keeping safety in mind
- 15. The Chocolate Foundation initiative was discussed, along with participation in Daan Utsav's "EACH ONE FEED ONE" theme.
- 16. Warm wishes were extended to students participating in upcoming sports competitions.

Meeting concluded with positive hopes for our students' success.

To

The Director Ma'am

Suncity School Sec-54 Gurgaon

Respected Ma'am,

Greetings!

My child Devyansh Pruthi, he is under age by 6 month for EYP-1 for session 2024-2025. His date of birth is 22<sup>nd</sup> September 2021.

Kindly allow my child to join the school in spite of under age

In case he is he is not appropriate as per NEP in later year he shall repeat the class





# **Assembly Points Assembly Points**

- 1. Bhavya 5G and Deeva 5H participated in the National Roll Ball Skating competition held at Tamilnadu from 27<sup>th</sup> to 30<sup>th</sup> October 2023.
- 2. We emerged victorius in the Inter school Soccer Competition held at Gyaananda School on 1<sup>st</sup> & 2<sup>nd</sup> October 20223. We request Rupa Maam to come on stage and give away the trophy.
- 3. Ekal run is on 8<sup>th</sup> October. Please fill the form online. This social outreach initiative is organized by Ekal Abhiyan, a leading social organization the country, dedicated to the social empowerment of children of remote parts of rural India. Ekal schools run on' the principle of one village, one teacher. The funds raised during this event will go towards giving a better life to these children in the interiors of India.
- 4. Recreational Outing is scheduled to Vishalgarh farms. This farm is booked only for Sunity school children, please pay at the earliest.
- 5. The Chocolate Foundation form has been given to all. Please participate in the noble cause. We would like to draw your attention to our ongoing collaboration with "The CHILD HELP FOUNDATION," New Delhi, as part of Daan Utsav, also known as the Festival of Giving. Daan Utsav is celebrated across India from the 2nd to the 8th of October each year. This year, the festival's theme is "EACH ONE FEED ONE!" To participate in this noble cause, we are distributing a form to every student, which enables them to contribute to the welfare of orphans either monetarily or through in-kind donations. The funds collected by our students will be consolidated and presented as a cheque made payable to "THE CHILD HELP FOUNDATION." These funds will be utilized to support various children and orphanages throughout India, with the cost of feeding a child for an entire month being Rs. 500.

Respected Ma'am, Warm greetings!

We would like to bring to your attention a recent development regarding district tournaments for the academic session 2023-24, as outlined in the attached letter.

This year, the district has initiated tournaments for classes 1 to 5, necessitating participation fees in accordance with our policy. We have calculated the fees as follows:

S.NO	Class	Rate per Class	No. of Students (Session 2023-24)	Amount
1	1 to V	5/-	599	2995/-
			Total	2995/-

We kindly request your approval for this expenditure. Once approved, we will request the accounts department to process the necessary payments.

Thanking you Warm regards

## Deepika

From: Deepika Mehndiratta <deepika@suncityschool.in>

**Sent:** Wednesday, April 12, 2023 2:35 PM **To:** 'Director' <director@suncityschool.in>

Subject: District Sports Fund

Respected Ma'am,

Warm greetings!

Like every year, this year too we have to deposit fees for District participation. As per policy, we pay the following.

S.NO	Revised rate per class	No of students	AMOUNT
		(session 2023-24)	
1	VI to VIII@6/-	591	3546/-
2	IX & X@30/-	312	9360/-
3	XI & XII		
	SCIENCE@90/-	110	9900/-
	COMMERCE@72/-	100	7200/-
	ARTS@60/-	53	3180/-
	TOTAL		33186/-

We await your approval.

After your approval, we will request the accounts department to do the needful.

Thanking you

Warm regards

## Deepika

Warm regards
HOD-Sports
Suncity School, Suncity Township

Sector-54, Gurugram, Haryana – 122002 Mobile no-9811775498

Email: deepika@suncityschool.in



## Sample Pape

## rs 2

## PHYSICAL EDUCATION (048)

Class XII Session 2023-24

Time: 3 Hours Max. Marks: 70

**General Instructions:** 

- 1. The question paper consists of 5 sections and 37 Questions.
- 2. Section A consists of question 1-18 carrying 1 mark each and is multiple choice questions. All questions are compulsory.
- 3. Sections B consist of questions 19-24 carrying 2 marks each and are very short answer types and should not exceed 60-90 words. Attempt any 5.
- 4. Sections C consist of Question 25-30 carrying 3 marks each and are short answer types and should not exceed 100-150 words. Attempt any 5.
- 5. Sections D consist of Question 31-33 carrying 4 marks each and are case studies. There is internal choice available.
  - 6. Section E consists of Question 34-37 carrying 5 marks each and are short answer types and should not exceed

## **SET -2 ANSWER KEY CBSE PAPERS**

## Section-A:

- 1. (a) Urdhva Hastasana
- 2. (d) balanced
- 3. (c) Leading an active lifestyle
- 4. (c) Both (a) and (b)
- 5. (b) pre-decided sequence
- 6. (b) Carbohydrates
- 7. (b) Advantage given to a team to not play in initial round.
- 8. (b) abdominal strength and endurance
- 9. (d) B Complex
- 10. (a) Organizing
- 11. (c) Double league tournament
- 12. (b) Senior Citizens
- 3. (c) Feedback is the last function during an event organization.

14. (b) 
$$1 - D$$
,  $2 - A$ ,  $3 - C$ ,  $4 - B$ 

15. (d) Fixture - Schedules fixed for the matches to be played, their time, place, date, and court, etc.

16. (b) 
$$1 - C$$
,  $2 - B$ ,  $3 - A$ ,  $4 - D$ 

17. (a) Vitamin E contributes to the production of antibodies, making our immunity system strong.

# 18. (c) Both (A) and (R) are true, and (R) is the correct explanation of (A) Sections B consist of questions 19-24

- 19. Bulimia is an eating disorder characterized by recurrent episodes of overeating (binge-eating) followed by compensatory behaviors such as self-induced vomiting, fasting, excessive exercise, or misuse of laxatives or diuretics. It's often associated with a preoccupation with body weight and shape.
- 20. Benefits of Ardha Matsyendrasana (Half Lord of the Fishes Pose) include improved spinal flexibility, relief from backaches, enhanced digestion, and stimulation of the abdominal organs, which can aid in detoxification.
- 21. Three strategies to make physical activities accessible for CWSN (Children with Special Needs) are:
- Adaptive Equipment: Providing specialized equipment or tools that cater to their specific needs, such as wheelchairs or adapted sports gear.
- Inclusive Programs: Creating inclusive physical activity programs that accommodate various abilities and encourage participation.
- Trained Instructors: Employing instructors or coaches who are trained in adapting activities and providing support to CWSN.
- 22. I can't create visual content like flowcharts, but I can describe the steps for classifying sports injuries. Here they are:
  - Step 1: Identify the type of injury, whether it's acute or chronic.
- Step 2: Categorize injuries by their location on the body, such as head, neck, upper limbs, trunk, or lower limbs.
- Step 3: Further classify injuries based on their nature, such as fractures, sprains, strains, dislocations, or contusions.
- Step 4: Assess the severity of the injury, categorizing them as mild, moderate, or severe.
- Step 5: Determine the mechanism of injury, whether it's due to overuse, impact, or other factors.
- Step 6: Consider any additional factors like whether the injury is sports-specific or common in various activities.
- 23. Explosive strength refers to the ability of muscles to produce a maximal amount of force in a minimal amount of time. An example of explosive strength is a sprinter exploding out of the starting blocks at the beginning of a race. This quick burst of power is essential for activities like jumping, throwing, and short sprints.
  - 24. Steps for the treatment of laceration:
- Step 1: Assess the wound for its size, depth, and potential damage to underlying structures.
  - Step 2: Clean the wound gently with mild soap and water, or a saline solution.
- Step 3: Control bleeding by applying direct pressure with a clean cloth or bandage.
  - Step 4: Apply an antibiotic ointment to prevent infection.

- Step 5: Close the wound if necessary with adhesive strips, sutures, or staples.
- Step 6: Cover the wound with a sterile dressing and secure it in place with a bandage.
- Step 7: Monitor the wound for signs of infection (redness, swelling, pus) and seek medical attention if needed.
- Step 8: Keep the wound clean and dry during the healing process, and follow any specific instructions from a healthcare provider.

### **SECTION C**

- 25. Four changes happening in the muscular system due to exercising are increased muscle strength, improved muscle endurance, muscle hypertrophy (growth), and increased blood flow to muscles.
  - 26. Two asanas used for preventing Asthma are:
  - Bhujangasana (Cobra Pose):
- Method: Lie on your stomach, place your palms under your shoulders, and lift your upper body while keeping your pelvis on the floor.
- Benefits: Strengthens the chest muscles and improves lung capacity. It helps in preventing and managing asthma.
  - Contraindications: Avoid if you have a back injury or carpal tunnel syndrome.
- 27. Salient features of the Fartlek training method include a combination of continuous and interval training, varying pace and intensity during a single session, training on various terrains, and flexibility in structuring workouts.
- 28. Three objectives of planning in sports are improving performance, setting achievable goals, and ensuring safety and fairness in sports.
- 29. Posture refers to the alignment and positioning of the body while sitting, standing, or moving. It's important for maintaining skeletal and muscular health, preventing injuries, and supporting efficient body functions.
  - 30. Sources and functions of important minerals in our body:
- Calcium: Sources include dairy products; functions include bone and teeth health, muscle contraction.
- Iron: Sources include red meat; functions include oxygen transport in blood (hemoglobin).
- Magnesium: Sources include nuts; functions include muscle and nerve function, bone health.

## **SECTION D**

- 31. In relation to the picture:
- (a) A machine that controls the speed of isokinetic exercise within the range of motion is used.
- (b) Isokinetic machines provide these exercises.
- (c) The type of exercise shown in the picture is isokinetic.
- (d) Isotonic exercise is similar to isokinetic exercise in sports.
  - 32. Based on the given fixture:
- (a) The type of fixture given above is a round-robin fixture.
- (b) There will be zero total number of byes.
- (c) A fixture is a scheduled match for any competition or tournament.
- (d) There will be a total of six matches played in the above fixture.

- A league fixture may be represented by a round-robin method.
- 33. Regarding Newton's Laws of Motion:
- (a) "A body at rest will remain in rest and a body in motion will remain in motion at the same speed and in the same direction unless acted on by some external force."
- (b) "A change in velocity (acceleration) of an object is directly proportional to the force producing it and inversely proportional to its mass."
- (c) The law being explained is Newton's Second Law of Motion.
- (d) Every reaction has equal and opposite action.
- Everything that moves is governed by laws of motion formulated by Isaac Newton.

34. The Continuous method of training is a type of cardiovascular exercise aimed at improving endurance. Its purpose is to enhance the body's ability to sustain prolonged physical effort. The procedure involves performing a continuous activity, like jogging or swimming, for an extended period at a moderate intensity without breaks.

## Advantages:

- Improves cardiovascular endurance.
- Enhances overall fitness.
- Burns calories and aids in weight management.
- Develops mental toughness and discipline.

## Disadvantages:

- May be monotonous for some individuals.
- Potential for overuse injuries if not properly managed.
- Not ideal for building muscular strength.

## **SECTION E**

- 35. Pawanmuktasana is a yoga pose that helps release gas and bloating in the digestive system. To administer it, one should:
  - Lie flat on the back.
  - Bend the knees and bring them to the chest.
  - Hug the knees to the chest and rock gently from side to side.

#### Contraindications:

- Avoid if you have recent abdominal surgery.
- People with hernia issues should avoid this pose.
- Pregnant women should exercise caution.

Unfortunately, I cannot draw diagrams, but you can find stick diagrams for Pawanmuktasana online.

- 36. Ectomorphs are one of the three somatotypes in the Sheldonian body type classification. They typically exhibit the following basic traits:
  - Lean and slender build with narrow shoulders and hips.
  - Fast metabolism, making it challenging to gain weight or muscle.
  - Thin bone structure.
  - Limited body fat and muscle mass.
  - Tend to have a "skinny" appearance.
- 37. Involvement in physical activities for longer periods with moderate intensity can indeed improve the quality of life. This is justified because:
  - It enhances cardiovascular health, reducing the risk of heart diseases.
- Regular physical activity promotes the release of endorphins, improving mood and reducing stress.
  - It aids in weight management and can prevent obesity-related health issues.
- Physical fitness contributes to better overall strength and endurance, making daily tasks easier.
  - It can improve sleep patterns and reduce the risk of sleep disorders.
- Regular exercise supports healthy bone density and joint function, reducing the risk of osteoporosis and arthritis.

Overall, prolonged moderate-intensity physical activity has numerous physical, mental, and emotional benefits that contribute to an improved quality of life.

25MTS	FREE STYLE (BOYS)	CLASSES III & IV	25MTS	FREE STYLE (BOYS)	CLASSES III & IV
25MTS	FREE STYLE (GIRLS)	CLASSES III & IV	25MTS	FREE STYLE (GIRLS)	CLASSES III & IV
50MTS	FREE STYLE (BOYS)	CLASSES V & VI	50MTS	FREE STYLE (BOYS)	CLASSES V & VI
50MTS	FREE STYLE (GIRLS)	CLASSES V & VI	50MTS	FREE STYLE (GIRLS)	CLASSES V & VI
50MTS	FREE STYLE (BOYS)	CLASSES VII & VIII	50MTS	FREE STYLE (BOYS)	CLASSES VII & VI
50MTS	FREE STYLE (GIRLS)	CLASSES VII &VIII	50MTS	FREE STYLE (GIRLS)	CLASSES VII &VII
50MTS	FREE STYLE (BOYS)	CLASSES IX & X	50MTS	FREE STYLE (BOYS)	CLASSES IX & X
50MTS	FREE STYLE (GIRLS)	CLASSES IX & X	50MTS	FREE STYLE (GIRLS)	CLASSES IX & X
50MTS	FREE STYLE (BOYS )	CLASSES IX & XII	50MTS	FREE STYLE (BOYS )	CLASSES XI & XI
50MTS	FREE STYLE (GIRLS)	CLASSES XI & XII	50MTS	FREE STYLE (GIRLS)	CLASSES XI & XI CLASSES XI & XI
50MTS	BREAST STROKE (BOYS)			BREAST STROKE (BOYS)	
	BREAST STRUKE (BUYS)	CLASSES V & VI	50MTS	,	CLASSES V & VI
50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI	50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI
50MTS	BREAST STROKE (BOYS)	CLASSES VII & VIII	50MTS	BREAST STROKE (BOYS)	CLASSES VII & VII
50MTS	BREAST STROKE (GIRLS)	CLASSES VII &VIII	50MTS	BREAST STROKE (GIRLS)	CLASSES VII &VII
25MTS	FREE STYLE (BOYS)	CLASSES III & IV	25MTS	FREE STYLE (BOYS)	CLASSES III & IV
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50MTS	FREE STYLE (GIRLS)	CLASSES VII &VIII	50MTS	FREE STYLE (GIRLS)	CLASSES VII &VII
50MTS	FREE STYLE (BOYS)	CLASSES IX & X	50MTS	FREE STYLE (BOYS)	CLASSES IX & X
50MTS	FREE STYLE (GIRLS)	CLASSES IX & X	50MTS	FREE STYLE (GIRLS)	CLASSES IX & X
50MTS	FREE STYLE (BOYS)	CLASSES XI & XII	50MTS	FREE STYLE (BOYS)	CLASSES XI & XI
50MTS	FREE STYLE (GIRLS)	CLASSES XI & XII	50MTS	FREE STYLE (GIRLS)	CLASSES XI & XI
50MTS	BREAST STROKE (BOYS)	CLASSES V & VI	50MTS	BREAST STROKE (BOYS)	CLASSES V & VI
50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI	50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI
50MTS	BREAST STROKE (BOYS)	CLASSES VII & VIII	50MTS	BREAST STROKE (BOYS)	CLASSES VII & VI
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25MTS	FREE STYLE (BOYS)	CLASSES III & IV	25MTS	FREE STYLE (BOYS)	CLASSES III & IV
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50MTS	FREE STYLE (BOYS)	CLASSES VII & VIII	50MTS	FREE STYLE (BOYS)	CLASSES VII & VI
50MTS	FREE STYLE (GIRLS)	CLASSES VII &VIII	50MTS	FREE STYLE (GIRLS)	CLASSES VII &VII
50MTS	FREE STYLE (BOYS)	CLASSES IX & X	50MTS	FREE STYLE (BOYS)	CLASSES IX & X
50MTS	FREE STYLE (GIRLS)	CLASSES IX & X	50MTS	FREE STYLE (GIRLS)	CLASSES IX & X
50MTS	FREE STYLE (BOYS )	CLASSES XI & XII	50MTS	FREE STYLE (BOYS )	CLASSES XI & XI
50MTS	FREE STYLE (GIRLS)	CLASSES XI & XII	50MTS	FREE STYLE (GIRLS)	CLASSES XI & XI
50MTS	BREAST STROKE (BOYS)	CLASSES V & VI	50MTS	BREAST STROKE (BOYS)	CLASSES V & VI
50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI	50MTS	BREAST STROKE (GIRLS)	CLASSES V & VI
50MTS	BREAST STROKE (BOYS)	CLASSES VII & VIII	50MTS	BREAST STROKE (BOYS)	CLASSES VII & VI
50MTS	BREAST STROKE (GIRLS)	CLASSES VII &VIII	50MTS	BREAST STROKE (GIRLS)	CLASSES VII &VII

MI-me Rota for Sports Department				
Races FOR MI-me	Regular classes	<b>Auditorium Discipline</b>		
Rajneesh	Sanjay	Bimal		
Mandeep	Roshi	Shakti		
Renu	Abhishek			
	Arjun			
	Virender			

v

Respected Ma'am,

Greetings!

Regarding your inquiry about the junior MI-me trophy, please note that it is exclusively available in a gold color variant, and its price is fixed at Rs. 1500. We have thoroughly confirmed this information with three different vendors to ensure accuracy.

Considering the limited availability of the gold trophy, may we proceed with the crystal trophy you viewed in the display section? This is the only alternative available.

With the event fast approaching tomorrow (29/09/2023), we kindly seek your approval on this matter.

Warm regards,

Deepika

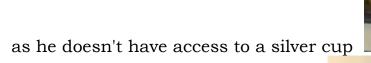
Respected Ma'am, Greetings.

Date- 26th September 2023

As per your instructions, we have discussed trophy options with the vendor for MI-me. Unfortunately, he has informed us that he can only provide the crystal trophy



The height is 10.5 inches



like the one we presented to him.

Additionally, the brass/metallic cup we inquired about is no longer in production, and we have verified this with other vendors as well.



The vendor has shared a sample of the available cup \_\_\_\_\_\_, which aligns with the crystal trophy you mentioned earlier.

Please advise us on how to proceed, as our only remaining option is the larger 10.5-inch trophy that you initially recommended.

Regards,

Deepika

DATE DAY		SUNCITY SCHOOL SECTOR-54, GU MONTHLY PLANNER CHEE SECOND SEMESTI ELEMENTARY YEARS PROGRAMME			MIDDLE AND HIGH SCHOOL
		Pre-nursery, Nursery, Kindergarten	I and II	III - VI	VII - XII
2	Mon	Gandhi Jayanti	Gandhi Jayanti	Gandhi Jayanti	Gandhi Jayanti
3	Tue	RT	RT	Inter House Badminton & Basketball Trials Commences	Inter House Badminton & Basketball Trials
4	Wed	RT	RT	Grade IV Parents' Walk- in (Theme: Hesponsible Consumption And Production)	Commences RT
5	Thur	RT	RT	RT	RT
6	Fri	RT	RT	Grade III Parents' Walk- in (Theme: Hesponsible Consumption And Production)	RT Indian University Fa
7	Set	PTM (Virtual)	PTM (Virtual)	PEM	PTM (Virtual)
9	Mon	RT	RT	RT	RT
	Stoft.	N.I	, Ai	- N.L	
10	Tue	RT	RT	RT	RT
11	Wed	RT	RT	RT	RT
**	Mett		Grade II Parents' Walk-in	B1	
12	Thur	RT	RT IEO Scheduled - Grade II	RT	RT
13	Pri	RT	RT	RT	RT
14	Set	Off for all	Off for all	Off for all	Off for all
16	Mon	RT	RT	Social Science and	Social Science and
		SDG Goal 2 -Zero Hanger-Warld Food Day	Social Science and Performing Arts week commences SDG Goal 2 -Zero Hunger-World Food Day	Performing Arts week commences	Performing Arts Wee commences
17	Tue	Class Assembly- Nursery	RT Social Science and Performing Arts week	RT Social Science and Performing Arts week	RT Social Science and Performing Arts wes
18	Wed	RT	RT Social Science and Performing Arts week	RT Social Science and Furforming Arts week	RT Social Science and Performing Arts wee
19	Thur	RT	RT	Social Science and	RT
			Social Science and Performing Acts week	Assembly based on SDG 9 - industry, innovation and infrastructure	Social Science and Performing Arta wee
20	Fri	RT	RT Social Science and Performing Arts week concludes	Social Science and Performing Arts week	RT Social Science and Performing Arts was
21	Set	Dussbern Break	Dussbers Break	Dussbers Break	Dusahera Break
22	Sun Mon	Dusshers Break Dusshers Break	Dusshers Break Dusshers Break	Dusshers Break Dusshers Break	Dusahera Break Dusahera Break
24	Tue	Dusshers Break	Dusshera Break	Dusshers Break	Dusahera Break
25 26	Wed	RT RT	RT RT	RT RT	RT
27	Fri	Birthday Celebration	RT	RT	RT
		actually Colorado		Talk by a Doctor to sensitize students regarding Adolescence and Puberty for grades V & VI	Talk by a Doctor to sensitize students regarding Adolescen and Puberty for grad VIII & IX
28	Sat		Social Science and Performing		Outing for Social
			Arts week outing	Performing Arts week outing	Science and Performing Arts Wee INTRA MUN
30	Mos	RT	RT	RT	INTRA MUN
31	Tue	Class Assembly- Nursery	RT	UNIT TEST II FOR GRADES III TO VI COMMENCES	UNIT TEST II FOR GRADES VII TO IX I XI COMMENCES

MANCHY SCHOOL SECTOR 34, GURGAON

		MONTHLY	MINCHTY SCHOOL SECTOR 84, 0 PLANNER CRSE SECOND SEMES	TER: NOVEMBER 2023	
DATE	DAY	PROGRAMME		PRIMARY	MIDDLE AND HIGH SCHOOL
	-	Pre-nursery, Survey,	I and II	m-vi	VII - XII
1	Wet	Kindergarten Haryana Day	Haryana Day	Haryana Day	Haryma Day
2	Thur	BT	RT	RT	RT
		Winter mifurm to be worn: School Umings to change	Winter nutform to be ween. Sch timings is chonge Reconstituted outling	end Winter uniform to be School timings to chang Representated outs	School timings to change UNIX TEST II FOR GRA
3	m	MX	Brad to Succeed: Grade II (read programme rotumence)	Lagrant Resconing - Talk by an expert on A Clean Water And San RX	DG# GRADES
				Janes Hotor Barton	time Botte House Badtetons
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ŧ.	33/0	ит	Read to Succeed Gode II creaking proportions) Jahr Brook Sketing tools	Assembly on SDC Clean Water And San RT Inter Please Skattage	GRADE S
1	Tur	RT Class Assembly Nursery	Result to States of Circle II (seed)	UNIT TEXT II FOR G	RT UNIT TEST II FOR RADES GRADES VII TO XI
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	Thur	RT Direct Celebration	HS "Bead to baccred" Grade II prending peogramme concludes)	BT	ENTEREST OF FOR GRADE X ENDS
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	April 1	B.T	RT	117	307
	Wed	Children's Day Celefrention SEKS Cand 9 - Canada Equation	Children's Day Caldwarine Early dispression 12:00 hours 100.7 Chap and also make away	Children's Day coldrens Early dispersal at 13:00 h	Chiffdeach day wildereiters
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10	Ther	KV.	KT .	KY	PREPARATORY OFF GRADE NO
17	Fa	ну	н	UNIT TENT II FOR GRA	NT.
	-				PEM for grade X (0000) to
					14:00 boson; Virtual orlestation regarding 2 <sup>rd</sup> Seignage (grade VSSI parcets & clashests)
	Miss	81	11	117	111
	Yue	RT Class Acceptity Nursery	WY.	KF	PRE BOARD I GRADE XIII
				UNIT TEST II FOR GRAD III TO VI	ENT TEST R FOR GRADES VIETO EX A SI PREPARATORY OFF SIX OF SIF
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29	Wed	кт	ST Mathematics and Spects work	ACT Markematics and Sports work	Mathematics and Specie work PRE-BOARD LFOR GRADE XII PRE-BOARD LFOR
34	Ther	Metholog Colchestion	HT Stathenatics and Sports week. PMD Schotland the great M	RT Methematics and Specie week	GRADE X COMMENCES  BT  Mathematics and Sports  week  PREPARATORY OFT FOR

Numbers of Society for Mela near Suncity.

Verandas	01245082525		
Suncity height	No		
Vipul Belmonte	9311958403		
Orchid garden	9871194222		

Respected Ma'am,

Date- 25th September 2023

Greetings!

Please find attached the picture of the MI-me trophy for the best school.

The cost is Rs- 1500/- after your kind approval, will place the **order for two trophies**, one for Junior MI-me (Friday 29<sup>th</sup> September 2023) and one for Senior MI-Me (Friday 24<sup>th</sup> November 2023).





The **content** of the trophy would be. Only the year will change **2023-2024**. Thanking you Warm regards,

## Deepika

"At Suncity School, sports and academics are not rivals, but interdependent friends. They are both given an equal platform, and the 13th Inter House Swimming Competition held on Friday, 30th September 2022, was a testimony to the same. 'In the pool of life, we're all winners when we balance sports and academics.' The atmosphere was charged with excitement and anticipation as students showcased their avid swimming skills honed over time. Their nervousness mixed with quiet excitement mirrored the spectators' energy, resulting in a nail-biting tournament. Each race had spectators on the edge of their seats, motivating the swimmers to make their house proud.

The event featured multiple categories, and its success owes much to the relentless support and encouragement from the sports department, who worked tirelessly to make it a reality. It was a day thoroughly enjoyed by all.

S

Respected Ma'am

Date: - 22<sup>nd</sup> September 2023

Greetings

I am writing to respectfully request permission to leave early today Friday 22<sup>nd</sup> September 2023 at 1400 hours today due to an unavoidable personal commitment.

Your understanding and approval of this request would be greatly appreciated.

Thank you for considering my request. Regards,

Raj Kumar Rahul Taekwondo Coach

Respected Ma'am,