

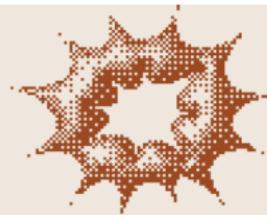
Volume 9
October, November

GRDBH SYNERGY





Index



1

STAFF VS STUDENTS

From Service to Spike: Staff and Students Go Head-to-Head on Court

3

GOLF.

Young Golfers Take the Lead: Student Showdown on Course

5

CROSS COUNTRY

Campus Cross Country Classic: Students Chase Speed and Endurance

7

ATHLETICS

Athletics Unleashed: Race, Jump, Throw Across Campus Fields

2

BHARAT KI RASOI

Self Cooking Unveiled: Bharat ki Rasoi by RDBH

4

GARDENING CLUB

“Soil Preparation and Plantation Activity”

6

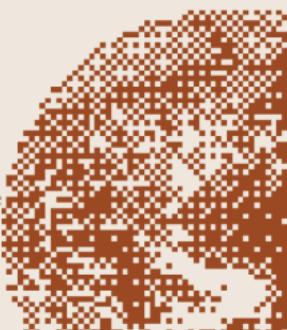
PT AND DRILLS

Peak Performance: Essential PT Drills for Every Athlete

8

ACHIEVERS

Turning ideas into actions with measurable results





BHARAT KI RASOI

Reviving the True Taste of India

RDBH

Self Cooking: Bharat ki Rasoi, presented by RDBH, brings the heart of Indian home kitchens to your monthly read. Simple, pantry-friendly recipes, one-pot wonders, and quick tempering tips celebrate regional flavors and everyday heritage, fitting busy modern lives without compromising tradition.



Inter Set Golf



Golf made its debut at our school, with the RDBH boys participating enthusiastically and showing great sportsmanship. The initiative boosted fitness, focus, and teamwork.



Gardening club

"SOIL PREPARATION AND PLANTATION ACTIVITY"



During the month of November, students actively participated in a gardening activity that included soil digging, preparation of garden beds, and plantation of flowering plants. The plants were carefully planted and watered under staff supervision, promoting responsibility and care for nature.

This hands-on activity helped students develop environmental awareness, teamwork, patience, and practical gardening skills.



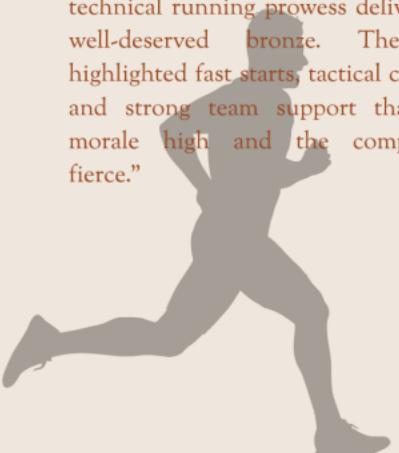


INTER SET CROSS COUNTRY

"Marathon is about endurance of the mind as much as the body."

— Joan Benoit Samuelson

"Inter Set Cross Country shines this month as Naveen Khute stormed to 1st place, Ashish Gritlahre claimed 2nd, and Rishi Kedia secured 3rd, showcasing endurance, strategy, and relentless sprinting power. Naveen's flawless pacing and decisive final kilometer sealed the victory, while Ashish demonstrated steady consistency and a powerful finish that earned him a top podium spot. Rishi moved through the field with confidence, his sustained effort and technical running prowess delivering a well-deserved bronze. The race highlighted fast starts, tactical closures, and strong team support that kept morale high and the competition fierce."





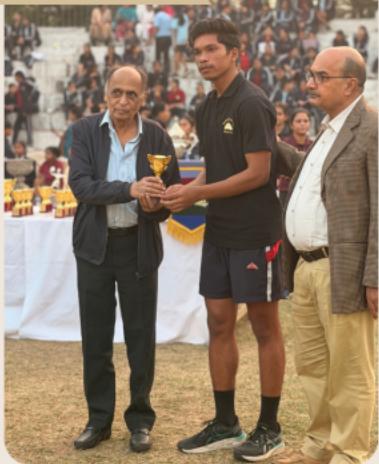
I
N
T
E
R
S
E
T
A
T
H
L
E
T
I
C
S



Achievers



Lokesh Sidar
Best Javelin Throw



Ashish Gritlahre
Best Goal Keeper Water polo



Lal Dhananjay Nath Shahdeo
Player of the tournament



Salman Meman
Best Goal Keeper Water polo

turning ideas into actions with
measurable results.



Omi Ghosh
Leading Player in Basketball



Divyansh Agarwal
Leading Player in Basketball

Naveen Khute has been awarded as the Best Athlete of the season and is the proud holder of three school records.

Record-breaking performances:

- 3000 m: 11min:13sec
- 1500 m: 5min:07sec
- 800 m: 2min:12sec



Lifting the Spirit



EDITORIAL BOARD

Lal Dhananjay Nath Shahdeo

Nikunj Agrawal

Naveen Khute

Shnata Patley

Ashish Gritlahre

Katale Pritam

Salman Meman