



# Chak de e- Magazine (Sports)

SHANTINIKETAN TRUST SCHOOL  
Bilekahalli / Mico Layout  
Bangalore



***Sports an integral part of SEI***



## Featured Events

Department sports -

- Cluster, Taluk & District level
- Kho kho
- Volleyball
- Basketball
- Table Tennis
- Shuttle Badminton
- Handball
- Karate
- Skating
- Athletics

Counselor Cup, New Horizon Trophy

- Volleyball



Great achievements come our way when we maintain our  
physical and mental well-being



Don't aspire to be the best on the team.  
Aspire to be the best for the team.

# Volleyball

## "BANDHAVA COUNCILLOR CUP 2022"

State Level Inter School (Under 14 : Boys) -  
Winners - Mico Layout



# Volleyball

Volleyball is probably the purest team sport around, and a team attitude is implied in all the mental and physical skills you are developing. If attitudes provides the control for volleyball, emotions provide the energy.

## Our success story

- Cluster Level (Under 14: Girls) - Winners
- Cluster Level (Under 17:Girls) - Winners
- Cluster Level (Under 14: Boys) - Winners
- Cluster Level (Under 17: Boys) - Winners
- Taluk Level (Under 17: Boys) - 2nd Place
- Taluk Level (Under 14: Boys) - Winners



"Set your goals high, and don't stop till you get there."

*"Winning isn't everything, but wanting to win is .*



## Basketball

Playing basketball helps to improve motor coordination, flexibility and endurance. It also encourages speed, agility and strength. These skills are shown to have a positive effect on promoting a healthy body weight and encouraging more physical activity, which can enhance cardio respiratory fitness and self-esteem.

### Our success story

- Taluk Level (Under 17: Boys) - Winners - Mico Layout
- Taluk Level (Under 17: Boys) - Runners - Bilekahalli
- Taluk Level (Under 17: Girls) - Winners- Bilekahalli
- Taluk Level (Under 17: Boys) - Runners - Mico Layout



## Handball

Principally a form of aerobic exercise, handball helps to enhance agility and flexibility, muscle tone, stamina, burn calories and fat and promote cardiovascular health.

### Our success story

- District Level (Under 14 : Girls) - Winners - Mico Layout

*"The idea is not to block every shot. The idea is to make your opponent believe that you might block every shot."*

# Table Tennis

Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy.

Develops mental acuity

Improves reflexes

It's easy on the joints

Burns calories

Offers a social outlet

Keeps your brain sharp

Improves coordination

## Our success story

Taluk Level (Under 17: Girls) - Winners - Bilekahalli

Taluk Level (Under 17: Boys) - Runners - Bilekahalli

Taluk Level (Under 17: Girls) - Runners - Mico Layout



**Karate is, not to hit someone, neither to be defeated, but to avoid trouble.**

## Karate

Karate practice strengthens the mind, develops composure, a clearer thought process, deeper insight into one's mental capabilities and more self-confidence.

## Our success story

District Level

- Winners & Runners

- Bilekahalli & Mico Layout



**"If you want to win in Table Tennis you must hit every ball with a purpose."**



## Shuttle Badminton

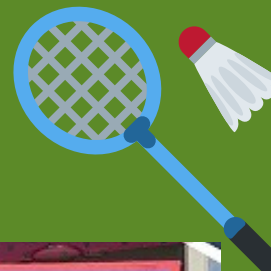
Badminton helps in toning your muscles and improves your flexibility. Badminton facilitates weight loss and improves metabolism.



Don't aspire to be the best on the team.  
Aspire to be the best for the team.

## Our success story

Taluk Level (Under 17: Boys)  
- 2nd Place - Mico Layout



## Kho Kho

- Enhances endurance
- Supports childrens social and intellectual development
- Increases self-esteem and concentration skills

## Our success story

Cluster Level (Under 17: Boys)  
- Winners - Mico Layout



"Those who play badminton well take decisions quickly"

"I may lose my balance, but never lose my determination"



## Skating

Skating works nearly every muscle group in the body, and gliding requires synchronized movement of legs, which is important for joint flexibility. It also builds up the leg and abdominal muscles.

### Our success story

1st Speed Skating Championship  
Akhada Sports Academy  
2nd Place - Karthik Kashyap P. K.



## Athletics

Athletics are primarily based on human physical competition, demanding the qualities of stamina, fitness and skill



### Our success story

Al-Umair Khan - Grade 7 - Cluster level  
1st place - 100mts - Running race  
3rd place - 600mts - Running race



"If you train hard, you'll not only be hard, you'll be hard to beat"

## QUIZ TIME

1. The wood of a cricket bat is usually treated with a specific oil which serves a protective function. What is the name of the oil?
2. After how many years are the Olympics held?
3. Where were the Commonwealth Games first held?
4. In which year did India win the Hockey World Cup?
5. Who is the first Indian badminton player to achieve the world number.1 ranking in badminton?



Let's continue the  
winning streak!

*BE FIT!! STAY FIT!!*

*All the BEST*

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*Second Edition on its way....Keep watching this page*

