



Chak de e- Magazine (Sports)

SHANTINIKETAN TRUST SCHOOL

Bilekahalli / Mico Layout
Bangalore

THE SPORT NEWS

THE BEST AGAIN



From the Editor's desk:

We are pleased to present to you our 5th edition of "Chak de" showcasing the achievements of our students in various individual and team events. Their dedication, collaborative effort, commitment and resilience have truly paid off. Well done Team !!! Congratulations on your well deserved success.

Editorial Team:

**Sports captains: Santhosh , Shreya , Ankit Kumar , Navyashree
Physical Education Department Staff**

www.shantiniketan.edu.in

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- Athletics



DON'T SAY NO TO SPORTS!

NATIONAL SPORTS DAY CELEBRATION @ SEI



Calisthenics and Pyramid formation.

National Sports Day is celebrated annually on August 29th in India. This date marks the birth anniversary of Major Dhyan Chand, one of the most iconic figures in Indian sports history.

DON'T SAY NO TO SPORTS!

NATIONAL SPORTS DAY CELEBRATION @ SEI



"Life is a sport, make it count"

DON'T SAY NO TO SPORTS!

NATIONAL SPORTS DAY CELEBRATION @ SEI



Glimpses of Prize distribution ceremony on the occasion of National Sports Day

NATIONAL SPORTS DAY CELEBRATION @ SEI



National Sports Day was fervently celebrated at SEI narrating the glorious history of sports across civilization and exalting the adventurous life of the hockey wizard Major Dhyan Chand whose birthday is commemorated as National Sports Day in India. The relevance and importance of sports in a student's career for a healthy lifestyle and the excellent career opportunities available in the sports field was highlighted on the occasion.

Prize Distribution

TODAY SPORT NEWS

EDITION 10

20 DECEMBER, 2022

WWW.REALLYGREATSITE.COM



2022 CHILDREN'S SOCCER WINNER

BY: AARON LOEB

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content.

HOW DO YOU TRAIN A CHILD TO PLAY SOCCER?

BY: MORGAN MAXWELL

To create your own, choose a topic that interests you. It can be anything from fashion and beauty to travel and the news. Once you have your overall theme, you can start brainstorming the content. Just starting? Design a memorable masthead with an equally memorable name.



KUMARANS TROPHY

VOLLEY BALL



Volleyball is a game played by volleying a large air-filled ball over a net.

EVENTS CONDUCTED BY DEPARTMENT OF SPORTS

September, 2024

5th Edition

VOLLEY BALL

“It offers a comprehensive workout that benefits the heart, muscles, coordination, mental health, and flexibility.”





VOLLEY BALL

September, 2024

5th Edition

“Talent wins games, but teamwork and intelligence win championships.”

– Michael Jordan



KHO-KHO

Kho kho is a traditional South Asian sport that dates to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi.

BASKETBALL



Basketball is a game played between two teams of five players in which goals are scored by throwing a ball through a netted hoop fixed at each end of the court

TABLE TENNIS



Table tennis is a game resembling tennis that is played on a tabletop with wooden paddles and a small hollow plastic ball

Playing table tennis improves balance, agility and flexibility and makes the game suitable for old players, too..

HAND BALL

TABLE TENNIS



Under 14 Boys
Handball
District level

Winners ✨

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Under 17 Boys
Taluk level

✨ **Runners** ✨

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Under 17 Boys
District level

✨ **Runners** ✨

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Under 17 Girls
Table Tennis
Taluk Level

✨ **Runners** ✨

SHANTINIKETAN TRUST SCHOOL
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Hand ball is a game played in a walled court or against a single wall or board by two or four players who use their hands to strike the ball

ATHLETICS

“Track-and-field athletics are the oldest forms of organized sport, having developed out of the most basic human activities—running, walking, jumping, and throwing.”



“Skating is a great aerobic exercise that gets your heart pumping and improves cardiovascular fitness”



ATHLETICS

Being an athlete helps you stay in shape, teaches you how to organize your time, boosts friendships, and builds relationships with your peers.

Cluster level
Under 17 Girlss

SHOT PUT
1st place

JAVELIN THROW
2nd place

Congratulations!



SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

Mithra

SHOTPUT
SILVER MEDAL

DISCUSS THROW
BRONZE MEDAL

Cluster level
U14 Boys



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Md. Ghazi Abbas

Cluster level
Under 17 Girls

DISCUSS THROW
1st place

SHOT PUT
3rd place

Congratulations!



SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

Archana

Cluster level
Under 17 Boys

DISCUSS THROW
3rd place

Congratulations!



SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

Vijay Kumar

SHOTPUT

Cluster level
U14 Girls

BRONZE MEDAL



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Mehak

DISCUSS THROW

BRONZE MEDAL

Cluster level
U14 Girls



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Azra Fathima

ATHLETICS

Cluster level
Under 14 Boys

RUNNING RACE

600 mtr 1st Place
400 mtr 1st Place
100 mtr 2nd place
Relay 2nd Place

Congratulations!

Yashwanth

SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

Cluster level
Under 14 Girls

RUNNING RACE

100 mtr 1st place
600 mtr 1st place

Congratulations!

Athifa

SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

Cluster level
Under 14 Boys

RUNNING RACE

200 mtr 2nd place
Relay 2nd Place

Congratulations!

Bavith

SHANTINIKETAN TRUST SCHOOL
Bilekahalli, State Board

100 METRES
RUNNING RACE

Cluster level
U14 Boys

SILVER MEDAL

Md. Umar

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400 METRES
RUNNING RACE

Cluster level
U14 Boys

SILVER MEDAL

Syed Mihran

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Running can significantly improve mental health, self-confidence, healthy ageing, and quality of life.

WHAT INSPIRED ME...



Rakshitha N

I was a 10 year old girl when I held the basketball in my hand for the first time. I was there on the court just to see the game. But when I saw my seniors playing, I dreamt to achieve something bigger than them in basketball and make my school feel proud.

-State Board Bilekahalli

I am inspired to play table tennis because by playing it, one can increase his reflexes as the ball will be moving fast, hand-eye coordination, fitness agility etc.

Since my sister also played table tennis and received many medals & certificates, I also aspired to play table tennis. Representing our country is my dream.

-State Board Bilekahalli



Vineesh D



Kartik Kashyap

I'm Kartik of grade 10. When I was in 1st std, I started skating by the influence of my aunt, then later it became my favorite sport. On 8th Oct, 2022, my district competition was held. I got to know Skating is something beyond my imagination. My School, my coach as well as my parents are greatest inspiration for me. I would like to thank them for their great support and encouragement.

-State Board Bilekahalli

I'm Mithra of grade 10. I feel very glad to share my feelings here. The reason I joined athletics was my coach, she is my inspiration. She used to encourage me always and taught me everything with patience. She built confidence to reach my goal. Thank you for being the best. Now my goal is to become a state level player and make my loved ones proud.



Mithra

WHAT INSPIRED ME...



I am Santhosh of 9th grade. I love to play volleyball. My inspiration is none other than my father as he is also a volleyball player. When I was in 4th std , I used to watch my seniors play volleyball and got inspired. My coach taught me and my team the nuances of the game. Now my dream is to be one of the best volleyball player in state.

Santhosh Kumar

-State Board Bilekahalli



Myself Ghazi Abbas, I'm glad to have been given an opportunity to express my feelings. It is my first chance to express myself on the my first success. I have got the second place and received a silver medal in both Shot put and Discus. I'm thankful to God, my parents, my coach and teachers for their endless support. I wish to continue my training and secure the winning position. And make my loved ones proud.

Ghazi Abbas

-State Board Mico Layout

I Gautham of grade 8, having qualified as the best player of the Volley Ball team, I feel glad to have got an opportunity to share my feelings. As we celebrate our team's achievements, I would like to say that winning is about dedication and resilience. Every practice session brings the team closer and makes it strong. I thank my teachers, coach – Mr. Gopalappa sir and P.E masters Somnath sir, Vinayaka sir for their support and I also appreciate every player for their hard work and excellent performance and our support to each other as a team paid off. I would also like to thank our competitors for their spirit and challenge. We continue to inspire one another in moving forward.
Thank you



Gautham

-State Board Mico Layout



I am Bilal of grade 7. I am very happy that our team won. Hats off to our coach whose strategies and techniques for the game have brought us the winning position. I'm proud of my team mates who practiced with dedication each day and it is the team spirit that paid off. I urge my team to continue with the same spirit and win many more games in future at higher levels.

Bilal

Thank you.

-State Board Mico Layout

WHAT INSPIRED ME...

I'm Umar of grade seven these are my first medals at this level, I'm extremely happy though the first position because I'm hopeful and confident to stand at the victory stand on the first position in my upcoming races and for the same I'm going to put the best efforts by following my P.E teachers' advice. I will achieve it with my parents and teachers blessings.

Thank you.

-State Board Mico Layout



Umar

I Ramya of grade 10, feel extremely ecstatic to express my feelings regarding our recent success. Teammates' coordination plays a significant role in any game. I have learnt many lessons from my team members. My coach teaches me not only to play but also the manners and discipline which is required for a player.

He guides us to the right direction and corrects our mistake. He taught us that everyone should have self-confidence and face the challenges. It is my deep desire that my friends who are not in sports must join sports and make their parents proud and happy

Thank you.

-State Board Mico Layout



Ramya

Myself Siddharth, proud to be the captain of the handball team. I am extremely delighted to say that our boys have done a great job and that we have put in our best in the practice sessions.

The hard work and the support we have received by our teacher has brought us success and I hope for best for the future.

I request my team members who are not elected not to disheartened or demotivated because it's not the end and you will get more opportunities in future.

I'm truly thankful to the management who have provided opportunities facilitated so many sports categories in our campus.

-State Board Mico Layout



Siddharth

I Ritesh, am a part of the gymnastic team in school and I feel immense pleasure at this moment to share my thoughts. My experience of qualifying for the district level was quite exciting. I felt a little nervous on seeing the crowd and the judges but after winning it was a great feeling to see the same crowd and judges cheer for me.

Well, I wish to move ahead and qualify for the national level which may be way to hard. I am quite nervous and apprehensive when I think about competing with the gymnast of other states and performing before a larger crowd, but it is all a part of the game. I will face it and hope to win.

I'm extremely thankful to my coach for being strict yet supportive in helping me overcome nervousness and fear to perform brilliantly at the tournament.

Thank you.

-State Board Mico Layout



Ritesh

WHAT INSPIRED ME...

I Mihran of grade 7, I am very happy to share my feelings after winning. First of all I thank the almighty for giving me strength for performing well and winning the game. I am really glad for having a coach as Rizwan sir and excellent teammates Bilal, Kathileshwaran, Sohail, Meraj, Sulaiman, Ayan. I would like to thank my teachers pramod sir and Somnath sir for giving me an opportunity to show my talent last but not only I would like to thank my parents especially my dad who has been a great inspiration for me. I wish my dad could see me receiving the award. Thank you dad! wish to go on and win many more prizes and make my school and my parents proud.

Thank You

-State Board Mico Layout



Mihran



**Rakesh Kumar
Reddy**

I'm a student of grade 9 and a part of the volley ball team. We are happy to celebrate the achievements of our Volley Ball team. We have won many tournaments like the Kumarans' Cup and others at different levels.

Winning is not easy, 'Practice makes a man perfect.' as the saying goes, our coaches and P.E teachers are training us rigorously and don't let us lose strength anytime. We as a team follow out teacher and coach and practice hard and the result is as you see it. We wish to continue in the same strength and win many more games and reach the International level.

Thank you

-State Board Mico Layout



HEADING

Subheading

Body

SPORT STATION

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SPORT STATION

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NEWSLETTER

HOW TECHNOLOGY IS PAVING THE WAY FOR SUSTAINABILITY

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THE NEXT BIG THING IN HEALTH TECH

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