



Chak de E- Magazine (Sports)

SHANTINIKETAN TRUST SCHOOL

Bilekahalli / Mico Layout
Bangalore



From the Editor's desk:

We are pleased to present to you our 7th edition of showcasing the achievements of our students in various individual and team events. Huge congratulations to our champion students and dedicated coaches on their remarkable achievements! We're proud to celebrate their victories and share inspiring stories in "Chak De." Here's to many more triumphs! "Chak De!"

Editorial Team:

Sports captains: Ankit Kumar, D. Rakesh Kumar Reddy, Pramodini, Rishi Raj, Tanuj.

Physical Education Department Staff: Mr. Manjunath, Mrs. Pramodini, Mr. Robinson, Mrs. K. B. Padma, Mr. Yashwanth Kumar R, Mr. Somanath R, Mr. Pramod S, Mr. Santosh K, Ms. Sumathi S, Ms. Sushmita.

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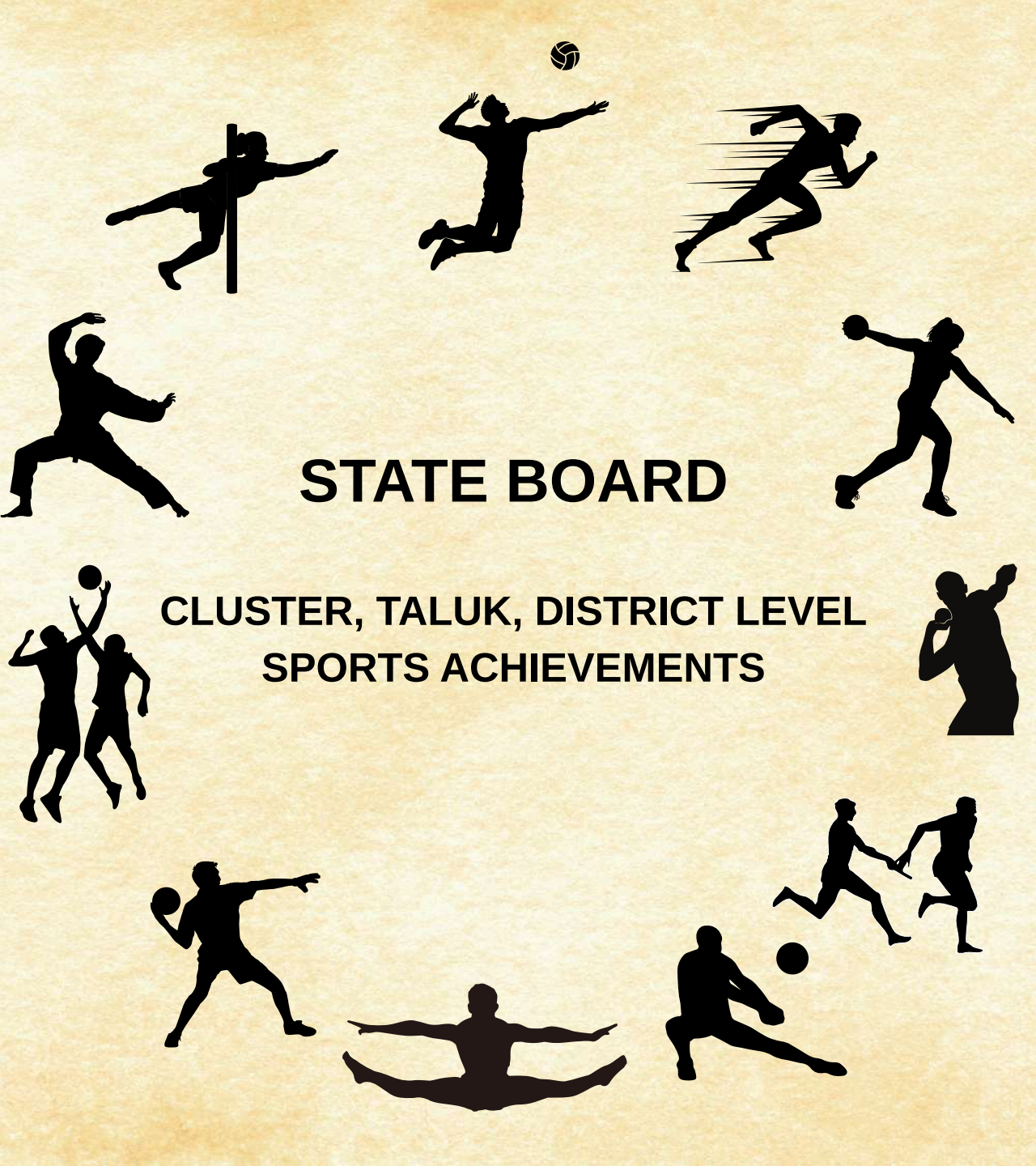
3. BANDHAVA COUNCILLOR CUP

- VOLLEYBALL

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- HANDBALL

5. GYMNAST ASSOCIATION OF KARNATAKA GYMNASTICS



STATE BOARD

CLUSTER, TALUK, DISTRICT LEVEL
SPORTS ACHIEVEMENTS



SHANTINIKETAN TRUST SCHOOL
Bilekahalli State Board



RUNNING RACE
100 & 200 METRES
GOLD MEDAL

CLUSTER LEVEL

Under-14 Boys

YASHWANTH. M

..... Congratulations



SHANTINIKETAN TRUST SCHOOL
Bilekahalli State Board



DISCUS THROW
GOLD MEDAL



SHOT PUT
BRONZE MEDAL



RUNNING RACE 100 MTS
BRONZE MEDAL

CLUSTER LEVEL

Under-14 Girls

SADHANA JORA

..... Congratulations



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Bilekahalli State Board



RUNNING RACE 100 MTS
GOLD MEDAL
RUNNING RACE 200 MTS
BRONZE MEDAL

CLUSTER LEVEL

Under-14 Girls

ATHIFA. M

..... Congratulations



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Bilekahalli State Board



RUNNING RACE 400 MTS
BRONZE MEDAL

CLUSTER LEVEL

Under-14 Girls

INDUJA SHRI. G

..... Congratulations

**THE FIRST MODERN OLYMPIC MARATHON WAS HELD
IN 1896, INSPIRED BY THE ANCIENT OLYMPIC GAMES
IN GREECE**



Cluster level
U14 Boys

200 METRES
RUNNING RACE

GOLD MEDAL

DISCUS
THROW

GOLD MEDAL

Vikas S

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Cluster level
U14 Boys

100 METRES
RUNNING RACE

SILVER MEDAL

Md. Umar

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**“SPEED
STRENGTH
SPIRIT”**




Cluster level
U14 Boys

100 METRES
RUNNING RACE

BRONZE MEDAL

Md Ubaid

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**THE WORLD RECORD FOR THE FASTEST MARATHON
TIME IS HELD BY KELVIN KIPTUM OF KENYA, WITH A
TIME OF 2:00:35, SET IN 2023**



Cluster level
U17 Girls

DISCUS THROW

GOLD MEDAL



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Pramodini




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Bilekahalli State Board



DISCUS THROW BRONZE MEDAL

CLUSTER LEVEL

Under-17 Girls

SMITHA NAGARAJ

Congratulations



Cluster level
U14 Boys

DISCUS THROW & SHOT PUT

SILVER MEDAL



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D. Kaushik Kumar Reddy




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Bilekahalli State Board



DISCUS THROW SILVER MEDAL

CLUSTER LEVEL

Under-17 Boys

VIJAY KUMAR. G. H

Congratulations

THE DISCUS THROW WAS AN EVENT INVOLVED IN
THE ANCIENT GREEK PENTATHLON DATED
AROUND 708 BC.



**“CHAMPIONS
OF
EVERY SHOT”**



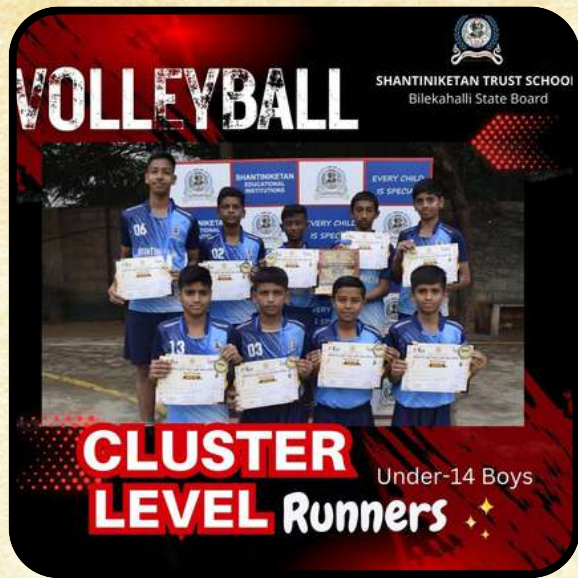
**SHOT PUT HAS ITS ROOTS IN ANCIENT SCOTLAND,
WHERE STONE PUTTING WAS A POPULAR ACTIVITY**



“RUNNING
TOGETHER
WINNING
TOGETHER”



THE FIRST OLYMPIC RELAY EVENTS WERE
INTRODUCED AT THE 1912 STOCKHOLM OLYMPICS,
FEATURING THE 4X100 M AND 4X400 M RELAYS.



“SERVING
UP
SUCCESS”



**VOLLEYBALL WAS INVENTED IN 1895
BY WILLIAM G. MORGAN.**



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CLUSTER LEVEL Under 14 Girls

VOLLEYBALL



Runners Congratulations



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CLUSTER LEVEL Under 17 Boys

VOLLEYBALL



Winners Congratulations



SHANTINIKETAN TRUST SCHOOL
Mico Layout, State Board

CLUSTER LEVEL Under 14 Boys

VOLLEYBALL



Winners Congratulations



SHANTINIKETAN TRUST SCHOOL
Mico Layout, State Board

CLUSTER LEVEL Under 17 Girls

VOLLEYBALL



Winners Congratulations

VOLLEYBALL HAS BEEN AN OLYMPIC SPORT
SINCE 1964



SHANTINIKETAN TRUST SCHOOL
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CLUSTER LEVEL Under 14 Boys

THROWBALL



✦ **Winners** ✦ *Congratulations*



SHANTINIKETAN TRUST SCHOOL
Mico Layout, State Board

CLUSTER LEVEL Under 17 Boys

THROWBALL



✦ **Runners** ✦ *Congratulations*

“THROWBALL
TITANS!”



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Bilekahalli State Board

THROW BALL



**CLUSTER
LEVEL Runners** ✦

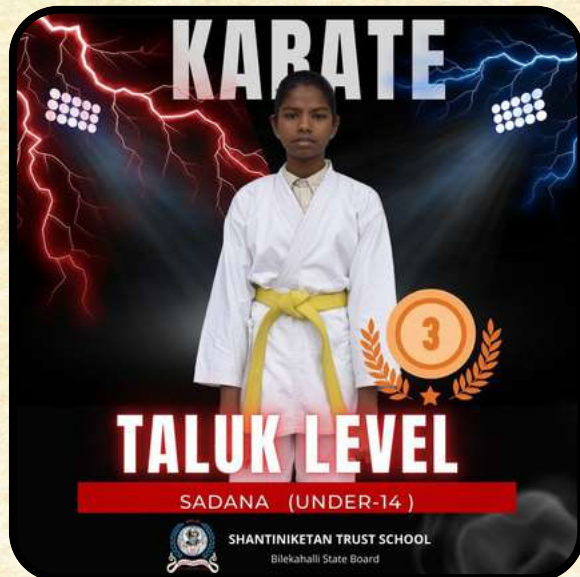
THROWBALL ORIGINATED IN ENGLAND AND
AUSTRALIA AS A RECREATIONAL SPORT AMONG
WOMEN IN THE 1930s.



**“SPEED
AGILITY
AND
TEAMWORK”**



**KHO-KHO IS AN ANCIENT INDIAN SPORT THAT DATES
BACK TO THE 4TH CENTURY BC, WITH POSSIBLE
CONNECTIONS TO THE MAHABHARATA**



**KARATE ORIGINATED IN OKINAWA, JAPAN, WITH
INFLUENCES FROM CHINESE MARTIAL ARTS
LIKE KUNG FU**

TABLE TENNIS



Under14 Girls
Taluk Level - Winners



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TABLE TENNIS



Under-14 Boys
Taluk Level - Winners



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Bilekahalli State Board

TABLE TENNIS



Under17 Girls
Taluk Level - Winners



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Bilekahalli State Board

TABLE TENNIS



Under-17 Boys
Taluk Level - Runners



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Bilekahalli State Board

TABLE TENNIS ORIGINATED IN ENGLAND IN THE
LATE 19TH CENTURY



“QUICK REFLEXES
AND
RAPID MOVEMENTS”



TABLE TENNIS IS CONSIDERED ONE OF THE
FASTEST BALL SPORTS IN THE WORLD



“DRIBBLING THEIR
WAY TO
GREATNESS”



**BASKETBALL WAS INVENTED IN 1891 BY
JAMES NAISMITH, A CANADIAN-AMERICAN
PHYSICAL EDUCATION INSTRUCTOR**



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TALUK LEVEL Under 14 Boys HANDBALL



✦ **Winners** ✦ *Congratulations!*



SHANTINIKETAN TRUST SCHOOL
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TALUK LEVEL Under 17 Boys HANDBALL



✦ **Winners** ✦ *Congratulations!*

**HANDBALL HAS BEEN AN OLYMPIC SPORT
SINCE 1976 FOR WOMEN**



“SPIKING
SUCCESS!!”



**VOLLEYBALL IMPROVES HAND-EYE COORDINATION,
AGILITY, AND TEAMWORK**



“HAND IN HAND
TO
VICTORY!”



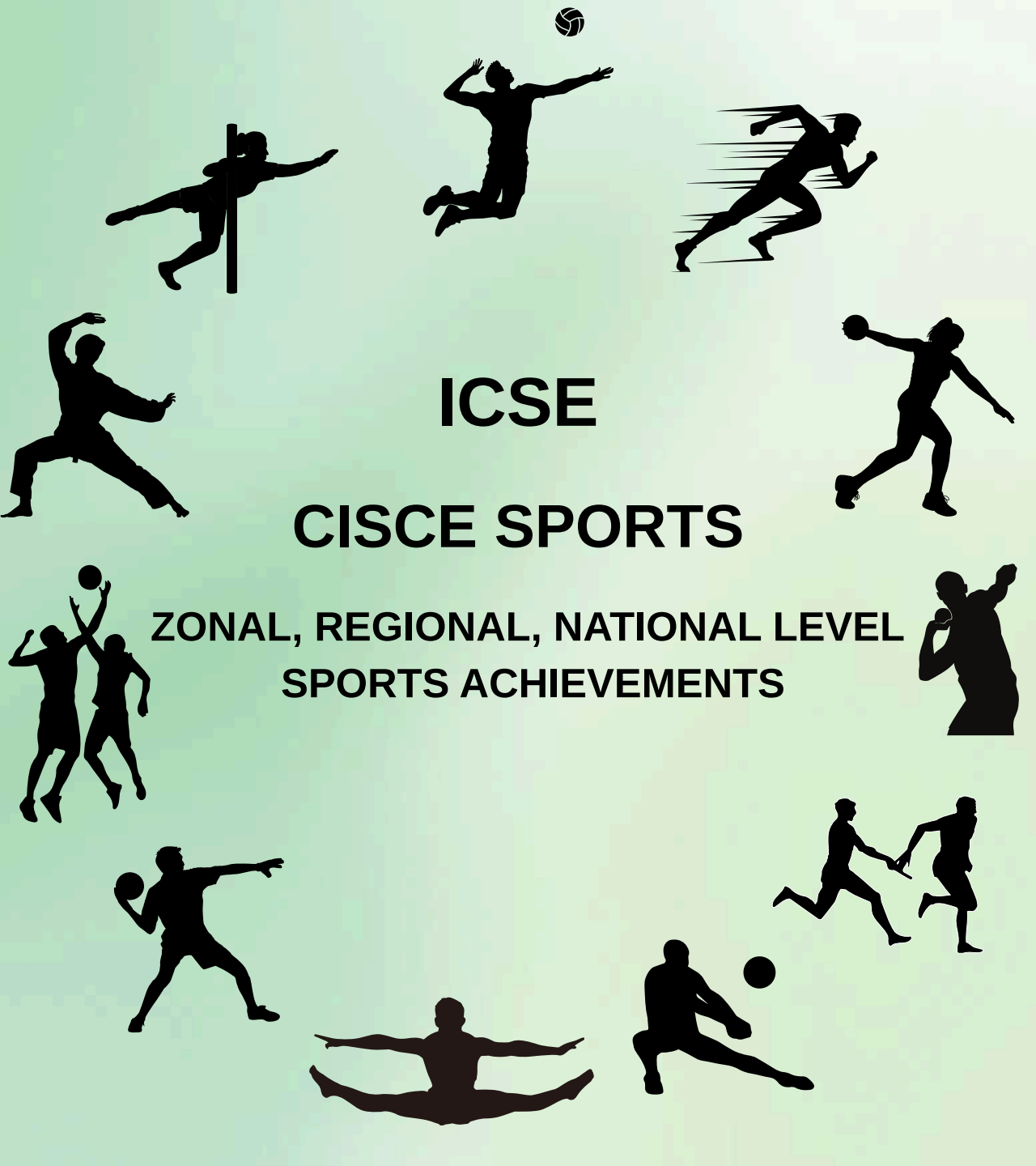
HANDBALL HAS BEEN AN OLYMPIC SPORT
SINCE 1972 FOR MEN



“LANDING
PERFECTLY,
WINNING
PERFECTLY”



GYMNASTICS HAS ITS ROOTS IN ANCIENT GREECE,
WHERE IT WAS USED FOR PHYSICAL FITNESS AND
ATHLETIC DEVELOPMENT



ICSE

CISCE SPORTS

**ZONAL, REGIONAL, NATIONAL LEVEL
SPORTS ACHIEVEMENTS**

CONTENT

1. VOLLEYBALL

- **ZONAL LEVEL**
- **REGIONAL LEVEL**
- **NATIONAL LEVEL**

2. HANDBALL

- **ZONAL LEVEL**
- **REGIONAL LEVEL**

3. KHO-KHO

- **ZONAL LEVEL**
- **REGIONAL LEVEL**

4. RUGBY

- **ZONAL LEVEL**
- **REGIONAL LEVEL**
- **NATIONAL LEVEL**

5. KARATE

- **ZONAL LEVEL**
- **REGIONAL LEVEL**

CISCE ZONAL LEVEL VOLLEYBALL (U14 - BOYS) WINNERS



Zonal level Volleyball tournament hosted by Shantiniketan Trust School, U-14 boys were the winners, showcasing exceptional determination and skill.

“SPIKING THEIR
WAY TO
VICTORY”



**VOLLEYBALL IS NOW PLAYED BY OVER 800 MILLION
PEOPLE WORLDWIDE**

VOLLEYBALL REGIONAL LEVEL (U14-BOYS) WINNERS



Our U-14 Boys team displayed remarkable determination, discipline, and skill throughout the tournament. Their teamwork and perseverance earned them the title of Regional Level Runners, a proud moment for both the players and the school community.

TEAM REPRESENTING VOLLEYBALL NATIONALS (U-14 BOYS)



**SERVING, PASSING, SETTING, HITTING, BLOCKING,
DIGGING ARE THE KEY SKILLS OF VOLLEYBALL**

VOLLEYBALL RUNNER-UP REGIONAL LEVEL (U-17 BOYS)



**GAVI DIGANTH SELECTED
FOR NATIONALS
(U-17 BOYS)**

**TEAM FROM KARNATAKA
REPRESENTING (U-14)
VOLLEYBALL NATIONALS**



**VOLLEYBALL IS KNOWN FOR ITS QUICK RALLIES AND
DYNAMIC GAMEPLAY**

NATIONAL CAMP



The National camp has been conducted by Shantiniketan for the students playing for nationals (Citizen School, Ryan International School, De Sales Academy, Aaradhana School, and Shantiniketan Trust School).



**REGULAR PRACTICE HELPS BUILD MUSCLE
MEMORY AND IMPROVES TECHNIQUE.**

HANDBALL ZONAL LEVEL (U-14 BOYS) RUNNER-UP



ZONAL RUNNER-UP AND REPRESENTED REGIONAL HANDBALL (U-14 BOYS)



**DEFENSIVE TACTICS AND TEAMWORK ARE VERY
IMPORTANT IN HANDBALL**

ZONAL RUNNER-UP AND REPRESENTED REGIONAL HANDBALL (U-17 BOYS)



HANDBALL REGIONAL LEVEL (U-14 BOYS)



**BALL CONTROL, PASSING, AND SHOOTING ACCURACY
ARE THE MAIN KEY SKILLS IN HANDBALL**

ZONAL RUNNER-UP REPRESENTED REGIONAL HANDBALL (U-17 GIRLS)



**“FAST BREAKS
AND
FIERCE FINISHES”**

**HANDBALL IS FAST-PACED, HIGH-SCORING
TEAM SPORT**

KHO-KHO ZONAL LEVEL (U-14 BOYS) WINNERS



**“KEEP
RUNNING,
KEEP
CHASING**

Our talented Middle School students participated in the CISCE Sports & Games 2025 – U-14 Boys category and emerged as the Runners-up at the Zonal Level. We celebrate their achievement and wish them continued success in all their future endeavors!

PLAYERS REPRESENTING KHO-KHO REGIONALS



**KHO-KHO PLAYERS IN INDIA ARE HIGHLY SKILLED AND
ACCOMPLISHED ATHLETES.**

KHO-KHO REGIONAL LEVEL (U-14 BOYS)

WINNERS

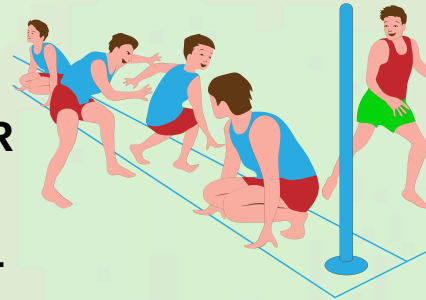


**“UNBEATABLE
TEAM SPIRIT”**

The U14 Boys team clinched the Regional level trophy in the CISCE Sports and Games 2025 tournament, hosted by Holy Spirit School. Their remarkable teamwork and skill showcased their prowess, earning them this prestigious victory.



**THANMAY AND
BASAVA BIRADAR
REPRESENTED
REGIONAL LEVEL
(U-14 BOYS)**



**“KHO-KHO FEDERATION OF INDIA (KKFI)
CHAMPIONSHIPS” IS A NATIONAL-LEVEL TOURNAMENT**

RUGBY REGIONAL LEVEL (U-14 BOYS) RUNNER-UP



PLAYERS SELECTED FOR REGIONALS (U-14 AND U-17)



**RUGBY ORIGINATED IN THE EARLY 19TH CENTURY
AT RUGBY SCHOOL IN ENGLAND.**

RUGBY REGIONAL LEVEL (U-17 BOYS)

3RD PLACE



**RUGBY PLAYERS
SELECTED FOR NATIONALS**



**“RUGBY PRIDE
ON
FULL DISPLAY”**



RUGBY SEVENS MADE ITS OLYMPIC DEBUT IN 2016

CISCE ZONAL LEVEL KARATE TOURNAMENT 2025-26



M DHANUSH
WINNER

INCHARA RAVI
RUNNER

Congratulations!



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ICSE

Dhanush M and Inchara Ravi have made us proud by winning at the CISCE Sports and Games Zonal Level Karate competition! Their dedication, discipline, and perseverance have paid off. We applaud their outstanding achievement and wish them continued success in their future endeavors!

“KARATE” TRANSLATES TO “EMPTY HAND”

KARATE



Dhanush M

ZONAL - 1ST PLACE, REGIONAL - 3RD PLACE (U-17)

Congratulations



SHANTINIKETAN TRUST SCHOOL

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**“DISCIPLINE, FOCUS
AND
TRUMP!!”**



**KARATE TRAINING IMPROVES PHYSICAL FITNESS,
COORDINATION, AND MENTAL DISCIPLINE**

A GLIMPSE OF PLAYERS IN ACTION

STATE BOARD BILEKAHALLI



A GLIMPSE OF PLAYERS IN ACTION

STATE BOARD BILEKAHALLI



A GLIMPSE OF PLAYERS IN ACTION

STATE BOARD MICO LAYOUT

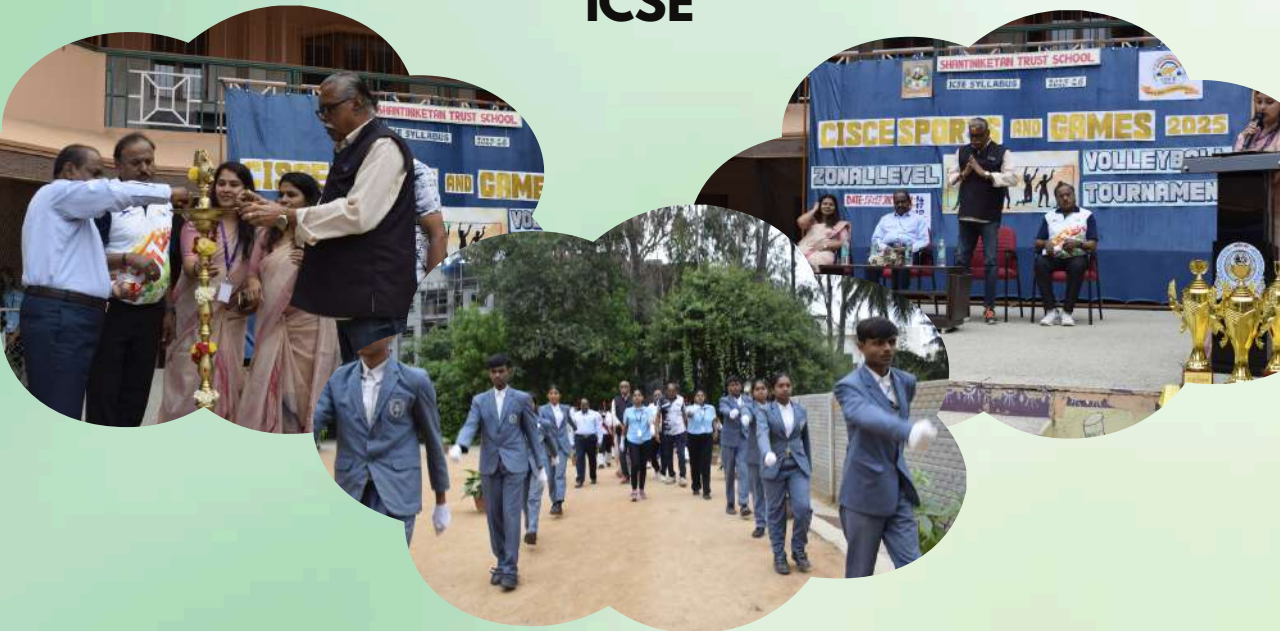


A GLIMPSE OF PLAYERS IN ACTION

STATE BOARD MICO LAYOUT



A GLIMPSE OF TOURNAMENT INAUGURATION ICSE



SEI proudly hosted the CISCE Zonal Level Volleyball Tournament 2025 for Zone 3 students from 26th to 28th August. The tournament was inaugurated by Mr. K. Nandakumar, General Secretary, Karnataka Volleyball Federation, setting the tone for an exciting event. With 450 students from 17 schools battling it out across different categories, the courts were alive with energy, teamwork, and true sportsmanship. A big thanks to the referees from the Karnataka Volleyball Federation for conducting the matches with the highest standards of fairness and professionalism.

A GLIMPSE OF PLAYERS IN ACTION

ICSE



SPORTS CAPTAINS



ANKIT KUMAR
STATE BOARD
BILEKAHALLI



RAKESH KUMAR REDDY
STATE BOARD
MICO LAYOUT



PRAMODINI
STATE BOARD
MICO LAYOUT



RISHI RAJ
ICSE
BILEKAHALLI



TANUJ
ICSE
MICO LAYOUT

HEARTFELT CONGRATULATIONS TO OUR SPORTS DEPARTMENT FACULTIES



**MR. RIZWAN, MR. MANJUNATH REDDY,
MRS. PRAMODINI, MR. ROBINSON,
MR. GOPALAPPA.
STATE BOARD BILEKAHALLI**



**MS. PADMA
PRIMARY, PRE-PRIMARY
STATE BOARD BILEKAHALLI**



**MR. SOMANATH R, MR. PRAMOD S,
MR. SANTOSH K, MS. SUMATHI S,
MS. SUSHMITA
STATE BOARD MICO LAYOUT**



**MR. YASHWANTH KUMAR R
ICSE
BILEKAHALLI**

**THANK YOU FOR FOSTERING A LOVE FOR SPORTS AND PHYSICAL ACTIVITIES.
YOUR EFFORTS HAVE MADE A SIGNIFICANT IMPACT! WE ARE PROUD TO HAVE
YOU ON OUR TEAM!**

#SPORTSCOACHES #STUDENTSUCCESS #DEDICATION #ACHIEVEMENT



Chak de E-Magazine (Sports)



Thank You