



Chak de E- Magazine (Sports)

SHANTINIKETAN TRUST SCHOOL

Bilekahalli / Mico Layout
Bangalore



From the Editor's desk:

"Racing hearts, flying feet, and unbreakable spirit - our young champions have written a new chapter in our school's story!"

With every goal, every jump, and every victory, you've shown us what it means to be unstoppable. Keep chasing your dreams, keep pushing limits, and remember - the sky is not the limit, it's just the beginning!

Heartiest congratulations to our sports stars! May your journey be filled with more wins, more cheers, and endless pride.

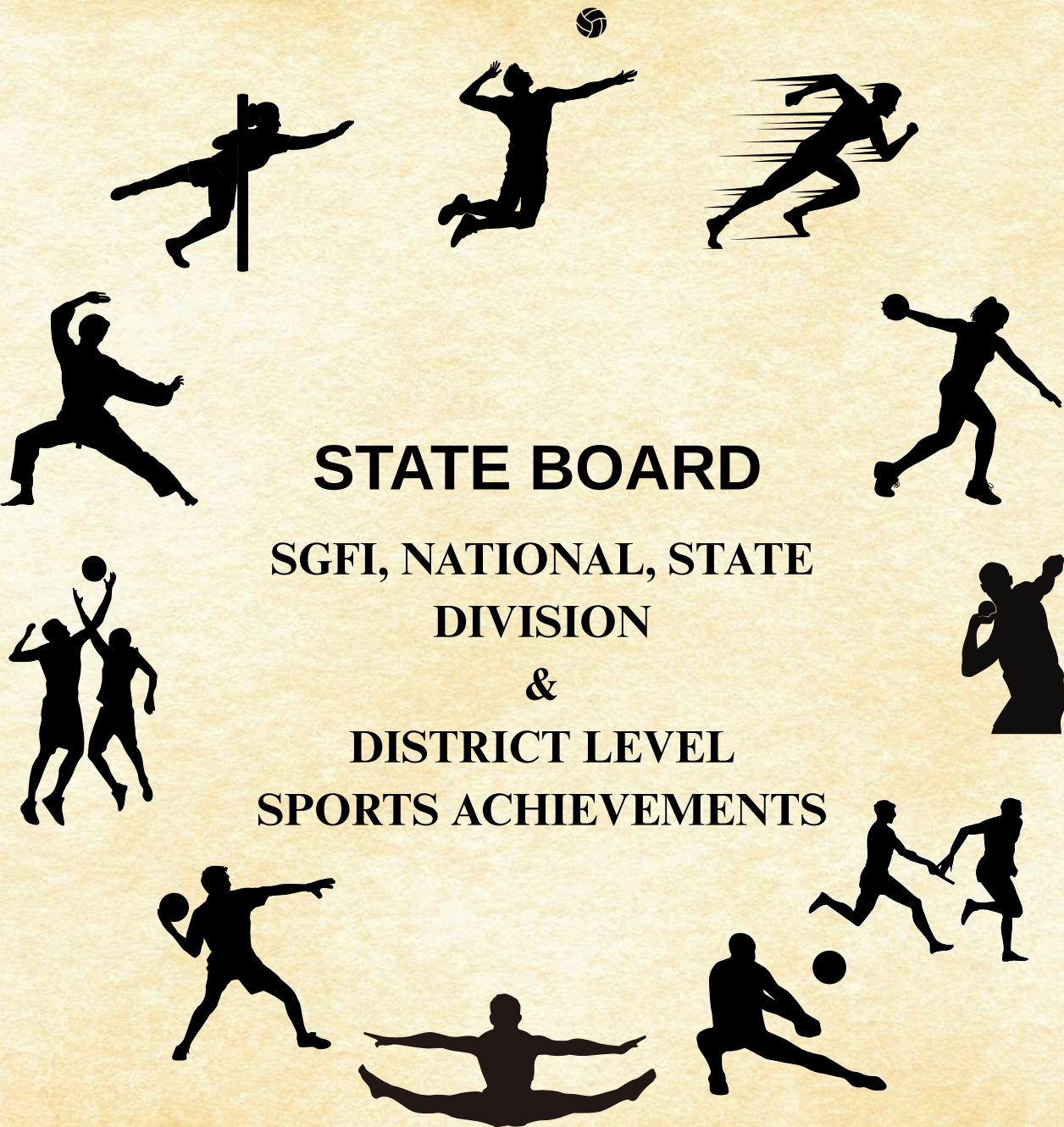
Editorial Team:

***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.***



CONTENT

1. **School Games Federation of India**
 - **Rhythmic Gymnastics**
2. **National Level**
 - **Rhythmic Gymnastics**
 - **Volleyball**
3. **State Level**
 - **Volleyball**
 - **Basketball**
4. **Division Level**
 - **Volleyball**
 - **Basketball**
5. **District Level**
 - **Volleyball**
 - **Basketball**
6. **SSM Public School Volleyball Tournament**
7. **Alexander Memorial Volleyball Tournament**
8. **New Horizon Volleyball Tournament**
9. **Kumarans Cup volleyball tournament**
10. **KSC Cup Volleyball Tournament**



STATE BOARD

SGFI, NATIONAL, STATE
DIVISION

&

DISTRICT LEVEL
SPORTS ACHIEVEMENTS



**Ashmitha Suma Raj
participated in SGFI in Rhythmic Gymnastics.**



Drink 8-10 glasses of water daily



Ashmitha Suma Raj
participated in **National Level Gymnastics in Kolkata**
and selected for **SGFI**.



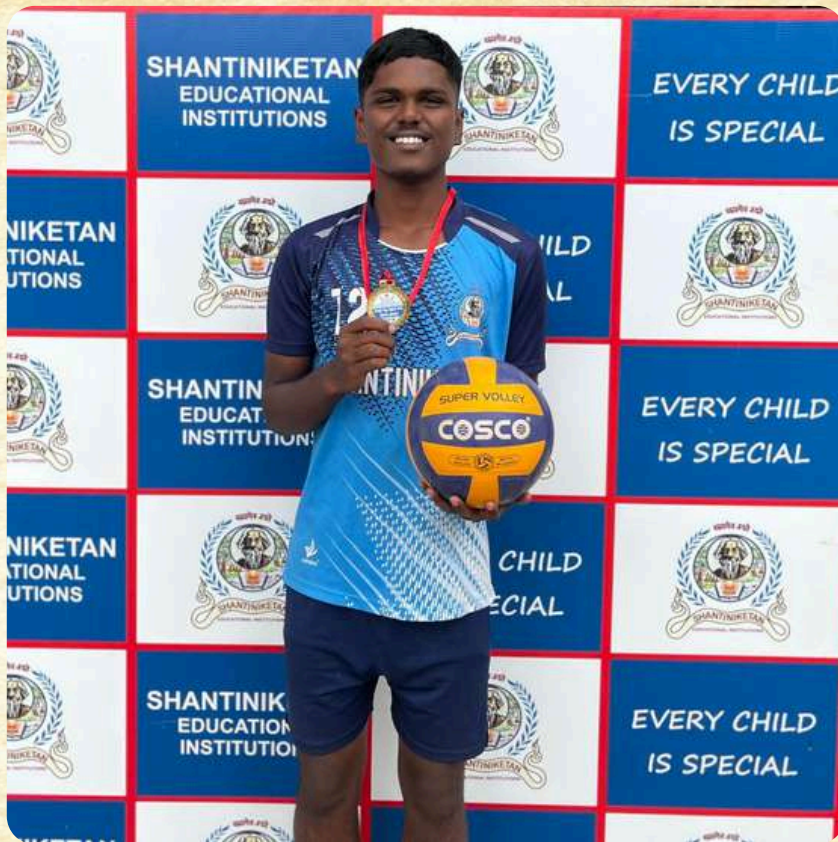
Eat breakfast every day



Ashmitha Suma Raj
secured 2 Bronze and 2 Silver medals at the
State Level Gymnastics in Mysore.



Include fruits and veggies in meals



**Yashwanth from 10th standard
represented U-17 Boys Volleyball National Level in
Uttar Pradesh.**



Limit sugary snacks and drinks



U-17 Boys Volleyball State Level Winners Team



Choose whole grains over refined grains



U-17 Boys Volleyball State Level Winners with Trophy
Yashwanth C G - 10th
Bhavith P - 8th



Eat protein-rich foods like eggs, nuts, and lentils



Winners

U-17 Boys Volleyball State Level

Yashwanth - 10th

Bhavith - 8th



Avoid junk food and processed snacks



U-17 Boys Volleyball Division Level Winners Team



Pack healthy snacks like fruits and nuts for school



Winners

U-17 Boys Volleyball Division Level

Yashwanth C G, Santhosh Kumar D, Bhavith P.



Play outdoor games like cricket, football, or tag



U-17 Boys Volleyball District Level Winners Team



Take the stairs instead of the elevator



Winners
U-17 Boys Volleyball District Level
Yashwanth C G, Santhosh Kumar S,
Vijay Kumar G H, Dharshan B S,
Bhavith P



Walk or cycle to school



Winners

U-17 Boys Volleyball District Level

**Yashwanth C G, Santhosh Kumar S, Vijay Kumar
G H, Dharshan B S, Bhavith P**



Do stretching exercises in the morning



U-17 Boys Volleyball SSM Tournament secured 2nd place



Focus on consistency over perfection



**U-17 Boys Volleyball Best Defender in
SSM Tournament
Bhavith P - 8th**



Try yoga or meditation for relaxation



U-17 Boys Volleyball Alexander Memorial Tournament - 3rd Place



Get enough sleep (8-10 hours) for growth

ALEXANDER CUP VOLLEYBALL TOURNAMENT U - 17 BOYS RUNNERS



PAVAN CHOUDHARY
BEST SETTER

Congratulations!



SHANTINIKETAN TRUST SCHOOL
Mico Layout, State board

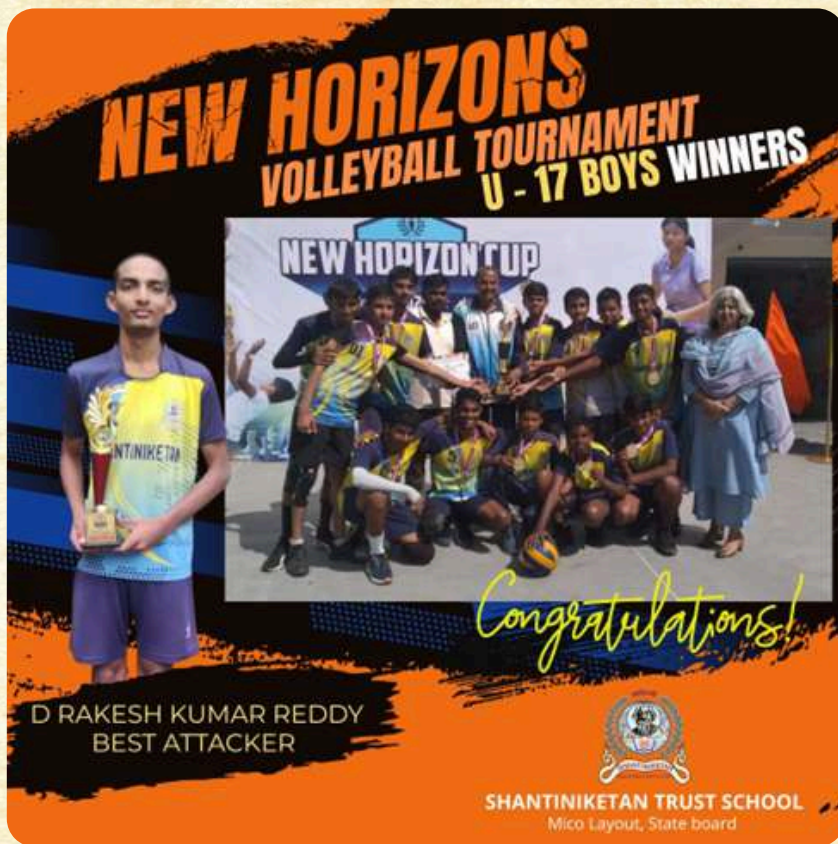


Runners

U-17 Boys Alexander Cup Volleyball Tournament
Pavan Choudhary got the Best Setter Award.



Practice gratitude daily



Winners

U-17 Boys New Horizon Volleyball Tournament
D. Rakesh Kumar Reddy
received the Best Attacker Award.



Talk to friends and family about feelings



Winners

U-14 Boys New Horizon Volleyball Tournament
D. Koushik Kumar Reddy got the Best Attacker Award, and Vikas S. got the Best Setter Award.



Take breaks during study sessions



Winners

**U-17 Boys Kumarans Cup Volleyball Tournament
D. Rakesh Kumar Reddy received the Best Attacker
Award.**



Engage in hobbies like reading or drawing



Winners
U-14 Boys KSC Cup Volleyball Tournament
Best All-Rounder Pugazyendh.

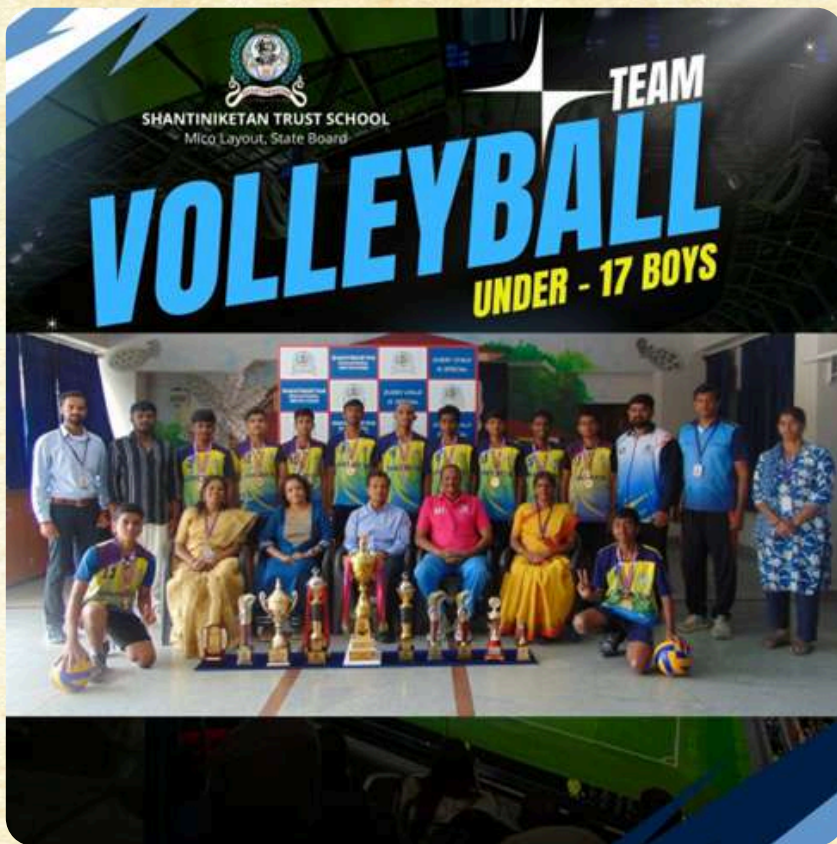
 Get help from teachers or counselors when needed



U-14 Boys Volleyball Team



Wash hands frequently with soap



U-17 Boys Volleyball Team



Celebrate your wins



Nandani Kumari
represented State Level U-17 Girls Basketball

Have a balanced lunch with veggies, proteins, and whole grains





3rd Place

U-14 Girls Basketball State Level

**Sadana Jora, Athifa, Akshatha K, Indujashree,
Bhoomika N**



Track your progress



Runners

U-17 Girls Basketball Division Level

Abhilasha K, Poorvi Biradar, Nandani Kumari, Lavanya



Exercise for 60 minutes daily



Winners

**U- 14 Girls Basketball District and Division Level
Sadana Jora, Athifa, Niharika, Indujashree, Bhoomika
N, Akshatha K**



Join a sport or dance class you enjoy



Runners

U-17 Girls Basketball District Level

Poorvi, Nandani Kumari, Bindu Ramesh, Pranathi K V,
Amrutha, Lavanya, Abhilasha K



Play with friends and family during breaks



ICSE

**SGFI & NATIONAL LEVEL SPORTS
ACHIEVEMENTS**



Dhanush K-8th
Honored with the medals for representing
SGFI U-14 Boys Volleyball



Try short but intense workouts.



Welcome ceremony for SGFI U-14 Boys Volleyball Championship of 2026 at Himachal Pradesh



Set clear, achievable goals



SGFI inauguration ceremony 2026



Stay away from strangers



Dhanush K-8th
representing SGFI U-14 Boys Volleyball



Stay positive and confident

Team from Karnataka representing U-14 Boys Volleyball Nationals



Schedule your workouts

CISCE NATIONAL VOLLEYBALL TOURNAMENT

Hosted by
**St. Jude's Public School & Junior College
Ketagiri**

Chief Guests
Tmt. Lakshmi Bhavya Tanneeru I.A.S.
District Collector and District Magistrate of Nilgiris
Tmt. N.S. Nisha, I.P.S.
Superintendent of Police, Nilgiris
Mr. M. N. R. Kuttan
Chief Guest

CISCE NATIONAL VOLLEYBALL TOURNAMENT



An illustration of a man with brown hair and a mustache, wearing a blue shirt, reading a red book. To his right, the text "Read books regularly" is written in a bold, black, sans-serif font.

Dhanush K with a Bronze medal in Nationals selected for SGFI U-14 Boys Volleyball



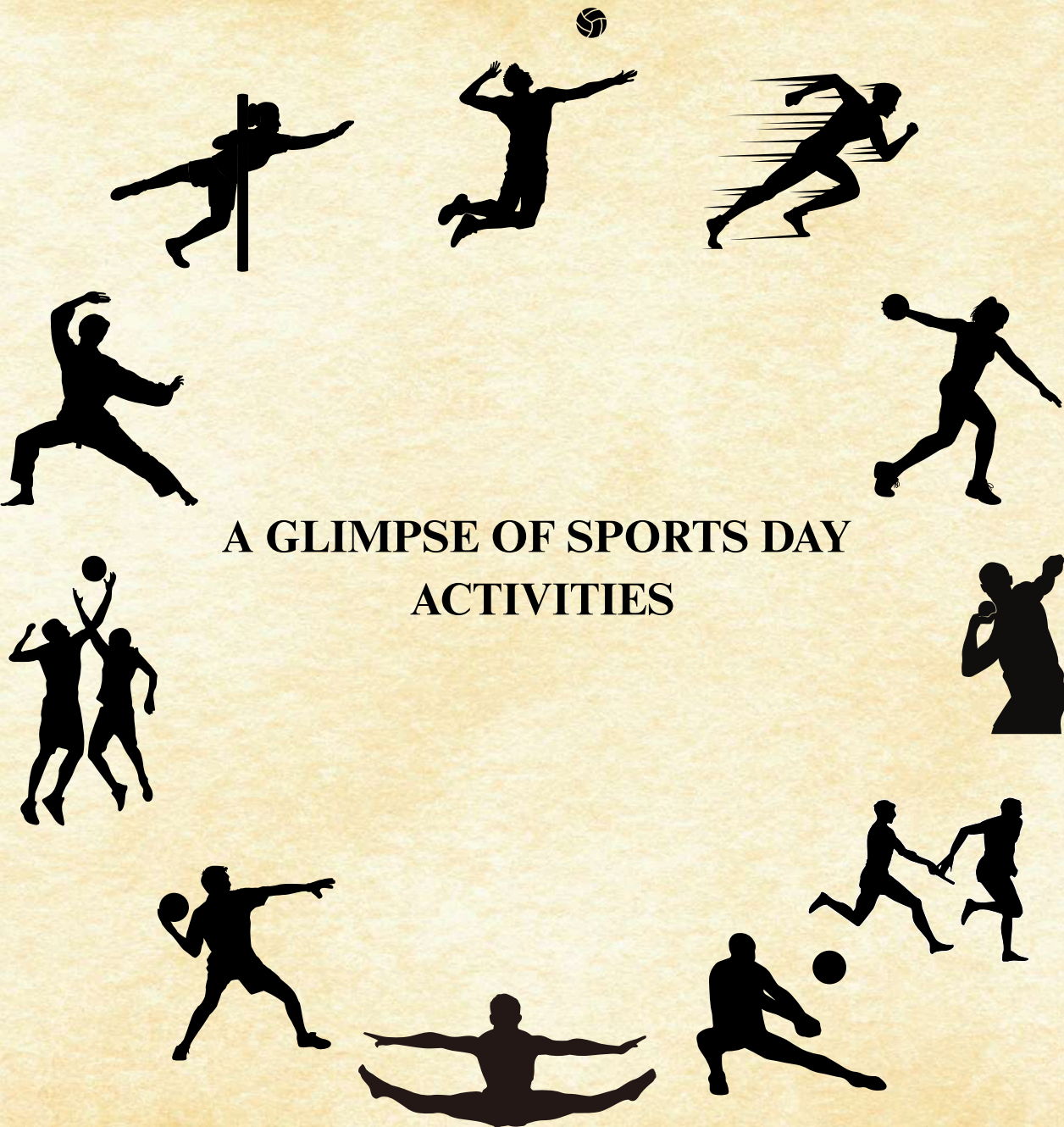
National players with
Bronze Medals U-14
Boys Volleyball



YouTube Link: <https://youtu.be/LJL7wUfKvOY>



Practice time management



A GLIMPSE OF SPORTS DAY
ACTIVITIES

PREPRIMARY



CBSE



ICSE

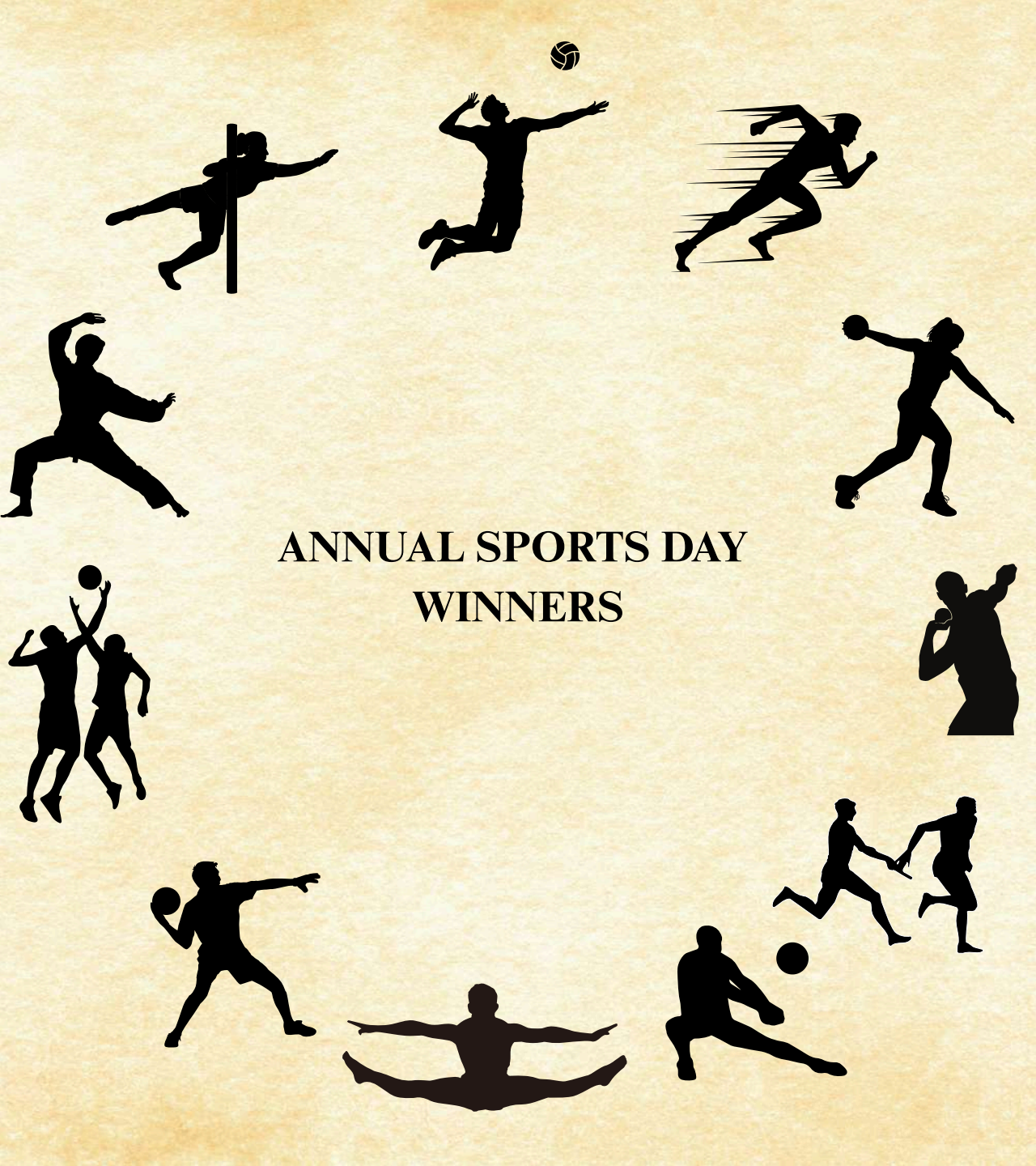


STATE BOARD - MICO LAYOUT



STATE BOARD - BILEKAHALLI





ANNUAL SPORTS DAY
WINNERS

PREPRIMARY



CBSE



CBSE



CBSE



ICSE



STATE BOARD - MICO LAYOUT



STATE BOARD - MICO LAYOUT



STATE BOARD - BILEKAHALLI



STATE BOARD - BILEKAHALLI



STATE BOARD - BILEKAHALLI



SPORTS CAPTAINS



ANKIT KUMAR
STATE BOARD
BILEKAHALLI

RISHI RAJ
ICSE
BILEKAHALLI



RAKESH KUMAR REDDY
STATE BOARD
MICO LAYOUT

TANUJ
ICSE
MICO LAYOUT



PRAMODINI
STATE BOARD
MICO LAYOUT

HEARTFELT CONGRATULATIONS TO OUR SPORTS DEPARTMENT FACULTIES



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



**MR. YASHWANTH KUMAR R
ICSE
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**

We're inspired by your passion and energy! Your dedication to our school's sports program has made a real difference in our students' lives. From coaching to mentoring, you've helped them develop skills, confidence, and teamwork. Thanks for believing in them and pushing them to be their best.

Sports Events to Watch in Summer Holidays

1. Asian Weightlifting Championships: April 1-10, Ahmedabad - India's top lifters will compete for top honors.
2. Asian Boxing Championships: April 1-11, Mongolia - Indian boxers will aim for medals in this prestigious event.
3. Indian Premier League (IPL): March 26 - May 31 - Catch your favorite cricket teams in action.
4. Thomas and Uber Cup: April 24 - May 3, Denmark - India's badminton teams will compete against the best in the world.
5. ITTF World Team Table Tennis Championships: April 28 - May 10, London - India's table tennis teams have qualified for this event.
6. Diamond League Meetings: May onwards, Various venues - Athletics fans can catch Neeraj Chopra and other stars in action.

Enjoy your holidays with these Fun Games

1. Chess: Develop strategic thinking and problem-solving skills.
2. Carrom: A fun, fast-paced board game that's super popular in India.
3. Ludo: Classic board game for 2-4 players.
4. Table Tennis: Great for a quick workout and improving reflexes.
5. Badminton (indoor): Practice your smashes and volleys.
6. Scrabble: Improve vocabulary and word skills.
7. Monopoly: Learn about money management and strategy.
8. Card games (like UNO): Fun with friends and family.
9. Puzzle games (like Sudoku or Rubik's Cube): Boost problem-solving skills.
10. Indoor Bowling or Archery: Some cities have dedicated venues for these.



Chak de E-Magazine (Sports)



Thank You