



TECHNOECHO



VOL. 1 | ISSUE 1

JANUARY-FEBRUARY 2026



FROM PLAYGROUND
TO LIFE SKILLS,
SPORTS PREPARE
STUDENTS FOR MORE
THAN EXAMS AND
**TECHNO INDIA
GROUP** NURTURES
THAT **SPIRIT OF
SPORTSMANSHIP**

CELEBRATING THE SPIRIT OF SPORTS



GAME ON

TECHNO INDIA'S SPORTING REVOLUTION

With a dedicated sports university, a football club nurturing grassroots talents and structured athletic programmes, Techno India Group promotes collaboration & resilience



OUR CORRESPONDENT

Sports has become an integral part of education and youth development across Techno India Group's vast institutional ecosystem. Beyond academics, Techno India has championed athletic excellence, grassroots engagement, and holistic development, reflecting a belief that sports instil discipline, teamwork, resilience, and lifelong well-being in young minds. Under Founder and Managing Director Satyam Roychowdhury's stewardship, Techno India's multi-

layered sports vision, spanning grassroots to elite competition and academic excellence, continues to expand opportunities for youth across traditional and emerging sporting disciplines.

Sports Olympiad and structured athletic programmes form an integral part of every Techno India school and college campus. Across the Techno India Group ecosystem, annual inter-school and inter-college Sports Olympiads provide students with a vibrant platform to compete, collaborate, and cultivate discipline, teamwork, and resilience. Beyond competition, the

initiative is designed to promote physical fitness, leadership, and mental well-being, reinforcing the Group's belief that education must nurture both body and mind.

The newest feather in the cap is the Netaji Subhash University of Sports and Entrepreneurship in Chinsurah, Hooghly, West Bengal, the hometown of the Roychowdhurys, where the journey began back in 1985 with a humble computer training centre under the banner of ICEI, the bedrock of Techno India. Techno India Group hosted the 54th Senior Men's National Handball Championship in

collaboration with the West Bengal State Handball Association at the Netaji Subhash Sports Arena in Hooghly in December 2025.

United Kolkata Sports Club (UKSC) is a rising force in Indian football, dedicated to nurturing grassroots talent and fostering an inclusive sporting culture. With a strong commitment to both men's and women's football, UKSC is building a progressive ecosystem where young athletes receive professional coaching, structured training, and meaningful competitive exposure. The club emphasizes discipline, character development, and long-term growth alongside on-field excellence. By blending modern football methodologies with a clear developmental pathway, UKSC is steadily shaping the next generation of champions and establishing itself as a dynamic presence in the Indian football landscape.

Amongst all important sports events held round the year, Techno India has partnered with City Football Group to launch the Manchester City Football School in West Bengal, a professional-grade football training initiative. This programme offers structured development pathways for young footballers aged three to

seventeen, international coaching expertise, performance analytics, personal improvement plans, and exposure opportunities in Manchester, UK. It aims to integrate global best practices in youth sport development with physical education and talent nurturing in India.

By embedding sports into the academic calendar rather than treating them as extracurricular, Techno India ensures that every learner experiences the spirit of sportsmanship and holistic development.



TECHNO INDIA GROUP LAUNCHES GRASSROOT FOOTBALL INITIATIVE WITH UKSC ACADEMY

OUR CORRESPONDENT

At a time when many top clubs are asking players to look elsewhere, the United Kolkata Sports Club (UKSC) has emerged as a beacon of hope. With the launch of UKSC Academy recently, football can finally reach the grassroots talents. From Satyam Roychowdhury, Managing Director, Techno India Group, Debdut Roychowdhury, Director, Techno India Group, Krishna Chakraborty, Mayor, Bidhannagar Municipal Corporation, Bengal IT minister Babul Supriyo, Sabyasachi Dutta, Chairperson, Bidhannagar Corporation, Ranjan Poddar, Former Borough Chairperson of Borough



V, Bidhannagar Municipal Corporation, Andrew Fleming, British Deputy High Commissioner to East and Northeast India to Chandan Roy Chowdhury, President of Bengal Olympic Association and former footballer Dipendu Biswas, the grand football event was attended by dignitaries, children and parents.

UNITED KOLKATA SPORTS CLUB: A VISION IN MOTION

SOHINEE DEBNATH

At the inception of United Kolkata Sports Club, the intention was clear — to build a performance-driven sporting ecosystem rooted in discipline, ambition, and long-term athlete development, while ensuring equal opportunity for every individual to learn, grow, and pursue excellence.

UKSC is not merely a club; it is an evolving platform where young athletes are trained to think strategically, compete fearlessly, and develop with purpose. Our systems emphasise technical rigour, physical conditioning, tactical intelligence, and character building. While our teams have delivered commendable

short-term successes, our core focus remains sustained excellence and structured progression.

Through organised academies, professional coaching frameworks, and clearly defined pathways for talent advancement, UKSC bridges grassroots participation with competitive opportunity. Our infrastructure, governance, and training methodologies are being designed with scalability in mind, ensuring that what we build today can support greater ambitions tomorrow. Sport shapes resilience, leadership, and discipline. With UKSC, we are investing in that transformative power deliberately, strategically, and with long-term intent.

Vice President, Athlet International Sports

Empowering tomorrow's champions through inclusive sporting ecosystem

A diehard football enthusiast, ADEBDUT ROYCHOWDHURY, Director, Techno India Group, mentioned how the UKSC Academy aims to transform grassroots sport across the state. "This is more than a training programme. It's a comprehensive development initiative," he said at the launch of UKSC Academy. "We follow a bottom-up approach. We didn't start with a club and then think of an academy. We began with the kids, because they are the future. Our only goal is to encourage them, guide them,



and give them a space to grow through sports. By bringing together quality coaching, structured support systems, and accessible opportunities at the community level, we aim to create a strong and inclusive pathway for the next generation of young athletes," he said.



Pro-Chancellor LENS

NEP 2020 encourages sports for physical, mental & social growth

PROF (DR) DHRUBAJYOTI CHATTOPADHYAY

Education in the 21st century is no longer confined to the acquisition of cognitive knowledge alone; it increasingly recognizes the importance of holistic development. Within this broader understanding, sports and physical education occupy a central position. The National Education Policy (NEP) 2020 of India strongly advocates the integration of sports into mainstream education, viewing physical activity as essential to the intellectual, emotional, social, and moral growth of learners. By embedding sports within the educational framework, the policy seeks to nurture well-rounded individuals capable of contributing meaningfully to society.



NEP 2020 explicitly emphasizes health and wellness as integral to education, recognizing that a healthy body is foundational to effective learning. Schools and higher education institutions are, therefore, encouraged to provide structured physical education programmes that foster lifelong fitness habits among students.

Beyond physical health, sports significantly contribute to cognitive development and academic performance. Numerous studies have established a positive correlation

PARTICIPATION IN SPORTS TEACHES STUDENTS STRATEGIC THINKING, GOAL-SETTING, AND DECISION-MAKING UNDER PRESSURE

activity-based learning, where sports are seen as a medium to enhance cognitive engagement rather than a distraction from academics.

NEP 2020 acknowledges the growing concerns around student mental health and underscores the need for supportive environments that promote emotional resilience. Through sports, students learn to cope with failure, manage anxiety, and develop self-confidence. The experience of winning and losing gracefully fosters emotional maturity and psychological balance.

A notable feature of NEP 2020 is its focus on inclusivity and equity, which extends to sports education. The policy promotes equal access to sports opportunities regardless of gender, socio-economic background, or physical ability.

Additionally, adaptive sports for children with special needs are advocated, reinforcing the policy's commitment to inclusive education and social justice. The policy also underscores the importance of sports infrastructure and teacher training. NEP 2020 calls for well-equipped playgrounds, sports facilities, and trained physical education teachers as essential components of quality education.

Pro-Chancellor, TIG Universities & Central Academic Leader, Techno India Group

SPORTS FOR HEALTHY CAMPUSES & STRONGER NATION



PROF (DR) SANKU BOSE

For decades, education in India was defined largely by classrooms, textbooks, and examinations. Sports existed on the margins, encouraged, yet rarely embedded into the core philosophy of learning. Today, that understanding is changing. Sports are no longer an "extra"; they are becoming a powerful instrument for shaping character, resilience, and leadership.

Modern education recognizes that learning does not happen only through lectures. It happens on the field, in teamwork, in failure and recovery, in discipline, and in perseverance. Across campuses, we



AS INDIA ADVANCES TOWARD VIKSIT BHARAT @2047, SPORTS WILL HELP SHAPE DISCIPLINED CITIZENS, EMOTIONALLY GROUNDED PROFESSIONALS, AND ETHICAL LEADERS. A DEVELOPED NATION CANNOT BE BUILT ON ACADEMIC CREDENTIALS ALONE

now see that students who engage seriously in sports demonstrate stronger classroom concentration, healthier social relationships, and

greater emotional stability. Physical activity reduces stress, sharpens cognitive function, and builds self-belief.

India already offers inspiring examples of this integration. At institutions such as the Lakshmbai National Institute of Physical Education (LNPE) and the Netaji Subhas National Institute of Sports, academic degrees are blended with structured athletic training, sports science, psychology, and leadership development. Graduates emerge not only as athletes, but as educators, administrators, researchers, and entrepreneurs in the sports ecosystem. This model demonstrates how physical excellence and intellectual growth can advance together.

At Sister Nivedita University, we aspire to nurture graduates who are intellectually rigorous, physically active, and mentally strong individuals prepared not only to earn degrees, but to build resilient lives and contribute meaningfully to the nation's progress.

Vice Chancellor, Sister Nivedita University

TEACHER CONNECT



SPORTS CONNECT STUDENTS TO CULTURE

DR POORVI SINGH CHAUDHARY

Traditional games and martial practices have long functioned as informal learning systems, teaching discipline, coordination, ethics, and collective responsibility. Empirical studies of tribal communities in India show strong recognition of these benefits, with a majority of participants supporting the inclusion of traditional games within formal education. The North-east provides particularly meaningful examples. Sports such as Thang-Ta, Sagol Kangjei, Mukna, and Yubi Lakpi are deeply embedded in community life and cultural memory. These practices teach strategic thinking, restraint, leadership, and respect through participation. They show how learning can take place through the body, through shared rules, and through collective practice.

Assistant Professor, Department of Law, TIUT

ROUND THE CLOCK

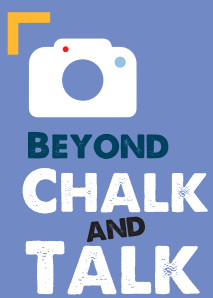


FROM BOOKS TO HEALTH AT TIUT

TIUT marked a vibrant presence at the 44th Agartala Book Fair with the formal inauguration of its stall. The stall was inaugurated by Satyam Roychowdhury, Founder & Managing Director of the Techno India Group and Chancellor of TIUT, along with Prof Arunoday Saha, Padma Shri awardee and former Vice-Chancellor of Tripura University, and Tridib Kumar Chatterjee, Honorary General Secretary, Publishers & Booksellers Guild, in the august presence of Prof. (Dr.) Ratan Kumar Saha, Vice-Chancellor, TIUT, and other senior officials of the University

and Techno India Group. PIC MUST – And the pic should have a better display. You can highlight this caption

- » Dr Rajat Nath (Assistant Professor, School of Health Sciences & Translational Research; IIC Ambassador) and Dr Shukdeb Acharjee (Assistant Professor, School of Health Sciences & Translational Research; YUKTI Coordinator) represented TIUT at the IIC Annual Regional Meet 2025, held at NEHU, Shillong.
- » TIUT hosted yet an enriching session of its ongoing Expert Lecture Series, a flagship platform where experts share their insights with students. The latest session featured eminent scholars Prof George Ude, Department Chair & Professor, Department of Natural Sciences, and Dr Kishan Saha, Post-Doctoral Researcher, Department of Natural Sciences, Bowie State University, Maryland, USA.



Veteran Bengali actor Prosenjit Chatterjee, who has been bestowed with Padma Shri recently, graced Sister Nivedita University with his presence, inspiring students and faculty through an engaging interaction that celebrates cinema, creativity, and cultural excellence.



Sister Nivedita University has been appreciated and awarded for being the digital partner at the 49th International Kolkata Book Fair. From live streaming to interviews of authors and celebrities, the university students have shown how to balance both academics and assignments on the field.

CEO'S TAKE

THE WORLD
LEARNS
THROUGH SPORT

DR TANMAY RAY CHAUDHURI



In the Indian context, sports have historically been integrated into education as a means of character formation and physical preparedness. Ancient systems of learning, such as the *Gurukul* tradition, emphasized physical training, martial arts, and yoga alongside academic learning. In contemporary India, the importance of sports in education has gained renewed attention through initiatives such as the *Khelo India* programme, sports quotas in educational institutions, and the NEP 2020, which advocates the integration of sports and physical education into the school curriculum.

Internationally, sports occupy a central position in educational systems across developed and

developing nations. Countries such as the USA, UK, Australia and Japan have well-structured school and collegiate sports systems that serve as pathways for both academic and athletic excellence. Global organizations such as UNESCO and the International Olympic Committee emphasize sport as a fundamental human right and a powerful tool for promoting inclusion, gender equality, peace, and intercultural understanding. From a global perspective, sports-based education also contributes to employability and lifelong learning by developing transferable skills such as time management, leadership, teamwork, and resilience.

CEO, *Netaji Subhash University of Sports and Entrepreneurship (NSUSE)*

UNIVERSITY WEEK: CELEBRATING SPORTS & CAMPUS LIFE



PROF (DR) RATAN KUMAR SAHA



Sports play a vital role in this larger educational mission. At Techno India University, Tripura, we have always believed that physical activity and sports are integral to campus life. They are not interruptions to learning, they are extensions of it.

University Week has emerged as a significant platform where students and faculty come together through sports and recreational activities. Volleyball and

UNIVERSITY WEEK HAS EMERGED AS A SIGNIFICANT PLATFORM WHERE STUDENTS AND FACULTY COME TOGETHER THROUGH SPORTS AND RECREATIONAL ACTIVITIES

badminton matches, indoor games, and fitness events create an atmosphere of healthy

competition and shared enthusiasm. The launch of Fit India Week 6.0 during University Week, accompanied by motivational sessions, reflected our commitment to holistic development. Cycling rallies organised by the university, including those linked to World Environment Day, have connected fitness with environmental awareness and social responsibility.

The felicitation of mountaineer Aritra Roy, whose extraordinary multi-sport expedition culminated in scaling Mount Everest, offered students a living example of endurance, discipline, and courage, values deeply rooted in sports. During University Week, the University invited Arshiya Das, the first Woman Candidate Master from North-East India, who was felicitated on campus.

Vice Chancellor, *Techno India University, Tripura*



TEACHER CONNECT

IT'S NOT A GAME, IT'S A NECESSITY

SAIKAT MAJUMDAR

You will be nearer to Heaven through football than through the study of the Gita." - Swami Vivekananda. The sage realised it long ago. In fact, all of us have grown up reading the line 'all work and no play makes Jack a dull boy'. Sports is actually an essential activity, especially for the youth. Here's how sports can benefit us:

FOCUS: Sports help improve cognitive skills.

TIME MANAGEMENT: Balancing sports and studies teaches prioritization.

GRADES: Some studies find sports participants have better GPAs.

CAMPUS CULTURE: Inter-college tournaments and events boost student engagement and college spirit

SCHOLARSHIPS: Talented athletes get

scholarships, exposure, and sometimes even career opportunities in sports.

STRESS RELIEF: Sports help manage academic pressure.

NETWORKING: Sports teams build friendships and connections.

CAREER PATHS: Some pursue sports journalism, coaching, or management.

But unfortunately in India, sports still do not get that importance it deserves. Though the National Sports Policy has been updated and initiatives like Fit India Movement has started to promote sports in schools, we need to go a long way to recognize its role in holistic development. Projects like Khelo India is bearing its fruits along with the private and corporate initiatives. The silver lining is visible. May be there is light at the end of the tunnel.

HOD, *Journalism & Mass Communication, Sister Nivedita University*

SPORTS, SILENCE & LANGUAGE OF BEING HUMAN

ABHIJIT BHATTACHARJEE

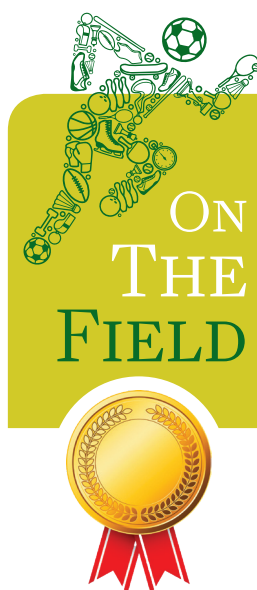
My relationship with sports has never been only about winning or losing. It has always been about listening to the body. As a teacher of communication and a researcher, I have come to realise that sports offer one of the richest classrooms for understanding how humans truly connect. Great football teams like Manchester United, Barcelona or Real Madrid, are not simply collections of gifted individuals. They are systems of communication. Every movement

is negotiated, every gesture understood, every silence meaningful.

Sports teach communication without speech. Players learn when to lead, when to follow, and when to step aside. These experiences quietly build leadership, negotiation skills, emotional intelligence, and moral responsibility. We live in an age of artificial intelligence, automation, and accelerating speed. Technical skills are important, but what machines cannot replace are human skills.

Assistant Professor and In-Charge, *Department of English, TIUT*

TIUT promotes sustainability & fitness



REACHING HEIGHTS

For TIUT, one of the most inspiring moments during the University Week for the student community was the felicitation of Aritra Roy, Tripura's first Mount Everest summiteer.

Fitness as a way of life: Fit India Week 6.0 was launched at TIUT as part of University Week celebrations, highlighting the importance of physical fitness and holistic well-being.

Pedal for the planet: To mark World Environment Day 2025, TIUT organised a cycle rally from Ujjayanta Palace at the campus. The rally also marked the inauguration of the TIUT Cycling Club.

Student well-being: TIUT promotes student well-being through regular yoga sessions and indoor games such as chess, carrom, ludo, and Chinese Checkers, as well as a newly acquired Table Tennis Board.

BEYOND
CHALK
AND
TALK

More than 30 states participated at the 54th Senior Men's Handball National Championship, organized by the West Bengal State Handball Association in collaboration with Techno India Group. The event was held at the Netaji Subhash Sports Arena, Techno India Group's newest state-of-the-art sports facility, located in the heart of Chinsurah, Hooghly. Techno India Group Managing Director and Sister Nivedita University Chancellor Satyam Roychowdhury congratulated the participants



FROM THE PRINCIPAL'S DESK

Learning & sports: A perfect team



Prof (Dr) Manash Chanda

As the principal of Meghnad Saha Institute of Technology (MSIT), I believe that the true objective of engineering education extends beyond academic excellence to the holistic development of students. In today's competitive and demanding environment, engineering colleges must effectively integrate academics and sports within a balanced curriculum to nurture well-rounded professionals.

A well-structured academic framework should acknowledge sports and physical education as essential components of learning rather than optional extracurricular activities. Timetables should be designed in a

A BALANCED CURRICULUM THAT HARMONIZES INTELLECTUAL GROWTH WITH PHYSICAL WELL-BEING PRODUCES GRADUATES WHO ARE CONFIDENT, ADAPTABLE, AND ETHICALLY GROUNDED

way that academic classes, laboratories, and assessments do not clash with sports practice or competitions. By allocating dedicated time slots for physical activities and introducing credit-

based courses in sports, yoga, and wellness, institutions can encourage active participation without compromising academic rigor. Engineering colleges should invest in modern sports infrastructure, qualified coaches, fitness trainers, and medical support systems to ensure student safety and performance enhancement.

At our institute, we view the integration of academics and sports as an investment in the future of our students. This holistic model of education ultimately strengthens institutional excellence and prepares students for lifelong success.

Principal, Meghnad Saha Institute of Technology (MSIT)

SPORTS BUILD DISCIPLINE IN STUDENTS

DR SUBHRAPRATIM NATH

In the context of engineering education, sports serve as a vital pillar of holistic student development. Computer engineering students face rigorous academic demands that require sustained mental effort, analytical thinking, and long hours of study. Sports provide an effective means to maintain physical fitness, reduce mental fatigue, and rejuvenate the mind.

Competitive sports teach students the importance of discipline, fairness, respect for rules, and respect for opponents. These values are equally relevant in professional engineering practice, where ethical conduct, teamwork, and accountability are critical. Inter-departmental and intercollegiate competitions help students build friendships, develop a sense of belonging, and enhance institutional pride. These interactions contribute to a positive campus culture that supports both academic and personal growth.

Professor, Department of Computer Science and Engineering, MSIT



TEACHER CONNECT

SPORTS OPEN CAREER PATHS

NABARUN ROY & INDRANIL MITRA

Research indicates that students who engage in sports often exhibit better focus, improved memory, and enhanced problem-solving capabilities. These cognitive advantages lead to superior academic outcomes. In fact, sports is integral to technical education and here's why: **PHYSICAL FITNESS:** Technical students frequently spend extended periods in laboratories and classrooms. Sports aid in maintaining physical fitness and alleviating health issues associated

with a sedentary lifestyle. **MENTAL STAMINA:** Engaging in sports alleviates anxiety, revitalizes the mind, resulting in improved academic performance. **CAREER GROWTH:** Involvement in sports can lead to scholarships and careers in sports technology, management, or related sectors. **PERSONALITY DEVELOPMENT:** Engaging in sports cultivates traits like confidence, perseverance, sportsmanship, and respect for rules, all of which play a big role in developing a strong character. *Professors, TIB*

SPORTS PLAY KEY ROLE IN SHAPING DISCIPLINED STUDENTS

DR SUJAN KRISHNA SAMANTA

Swami Vivekananda had said, "In kicking a ball or playing a game, you are much closer to the Divine than you will ever be in prayer." You can pray without involvement, but you cannot play sports without involvement, and involvement is the essence of life. Sports play a vital role in education by contributing to the overall development of students beyond academic learning.

Sports also play a crucial role in mental development. Students who engage in sports often display better discipline, focus, and time-management skills, which positively impact their academic performance. Students learn to follow rules, accept victory with humility, and handle defeat with sportsmanship. These values are essential for character building and preparing students for real-life challenges. *Department of Biomedical Engineering, NSEC*

SPORTS SHAPE THE SPARTAN SPIRIT

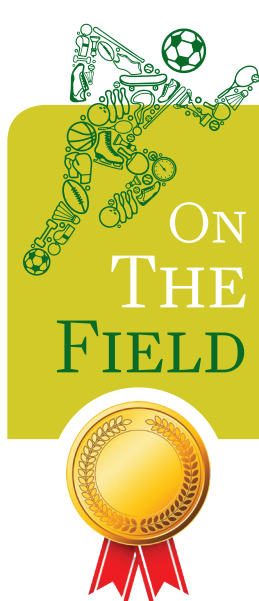
RIMNI CHAKRAVARTY

Swami Vivekananda once said, "You will be nearer to Heaven through football than through the study of the Gita." This quotation is a part of Swami Vivekananda book *Lectures from Colombo to Almora*, Chapter: *The Work before us* in 1897. In these days of globalization and stiff competition, the sports personalities are Spartan spirited, who conquer all odds: economic crises, stiff competition and make waves on the

fields or in the water. Legend Major Dhyan Chand once said, "It's not my country's duty to push me ahead. It is my duty to push my country ahead." Sports personalities believe in teamwork. In education, too, our students require to develop the skills, the stamina, the zeal to reach their goals and work together to help the country become Viswa Guru by 2047. *Assistant Professor, Humanities (Engineering Sciences & Humanities), SIT*

EQUINOX CUP HELD

» TIB recently organised 'Equinox-Cup' on the campus. 16 teams participated in the recently-organised inter-college cricket tourney, 'Equinox Cup'. Organised by TIB, 'Thunder Strike' from IEM emerged as the champion.



FUN AT VARSITY CUP

» More than 12 teams participated in the two-day inter-college football tournament, 'Varsity Cup'. Organised by TIB, the team from Techno Main Salt Lake, walked away with the winning prize.

BEYOND CHALK AND TALK

TIB STUDENTS EXCEL AT SMART INDIA HACKATHON
Navachetna team from Techno International Batanagar recently participated in the SIH 2025 Grand Finale, under the theme, Clean & Green Technology, Hardware category.



FROM THE PRINCIPAL'S DESK



IO INTERNATIONAL
NEW TOWN

Dr Ayan Chakraborty

Sports act as powerful counterbalance to daily routine

In today's dynamic educational ecosystem, true learning is not confined to classrooms alone, it flourishes when the intellect is harmonized with physical vitality, emotional resilience and ethical strength. Integrating academics and sports within a balanced curriculum is, therefore, not an optional enrichment but a foundational imperative.

Sports and physical activities offer a powerful and transformative counterbalance. They nurture perseverance, leadership, teamwork, strategic thinking, and time management, life skills that no examination can fully measure. At Techno

COLLEGES THAT THOUGHTFULLY INTEGRATE ACADEMICS AND SPORTS DO MORE THAN EDUCATE... THEY EMPOWER

International New Town (TINT), we proudly uphold the belief that academic excellence and sporting spirit are mutually reinforcing. This belief finds its most exuberant expression in Exuberance, our annual sports event that has become a

cherished campus tradition.

Exuberance ensures that every student discovers a platform to shine. We have witnessed academically outstanding students rediscover confidence on the field and quiet learners emerge as natural leaders through team sports. Crucially, the resounding success of these initiatives is anchored in the overwhelming support of the sports committee members and the tireless dedication of student volunteers. Colleges that thoughtfully integrate academics and sports do more than educate... they empower.

Principal, Techno International New Town (TINT)

STUDENTS PLAY PIVOTAL ROLE IN SPORTS COMMITTEE

TAPOSI CHATTERJEE

At Techno International New Town, sports form an integral part of student life, contributing significantly to physical fitness, mental well-being, teamwork and leadership development. The smooth organization and continuous growth of sports activities are made possible through the dedicated efforts of the Sports Committee (SC), in which students play an active and responsible role as committee members.

Importantly, students, as members of the SC, play a pivotal role in event coordination, volunteering, communication, and on-field management, gaining valuable experience in leadership and teamwork. Notably, the girls' cricket team has shown exceptional performance. Girls' cricket has been organized regularly for the last three years, and this year the team performed remarkably well during the annual sports event.

Assistant Professor, BSH, Sports Co-Convenor, TINT

SPORTS TEACH US TO TRY AGAIN

INDRANIL MITRA

Sports doesn't act as filler in academics but as an essential component in holistic education. When kids play, they pick up skills that cannot be taught in class. Not only does it have a positive effect on the health but it also enhances character development.

While winning is an achievement and boosts confidence, even in losing, it teaches them to pick themselves up and try again tomorrow. These lessons stick with them forever and enhanced tenacity becomes their second nature. Team sports are bound to make you to talk, listen and work with all kinds of people and strategize with them, playing as a team.

Assistant Professor, BSH, TIB

SPORTS MATTER IN OVERALL EDUCATION

SUJAYA BIT

The oft quoted proverb, "All work and no play makes Jack a dull boy" emphasizes the necessity of incorporating games in the education system. The importance of sports in academics dates back to the ancient Greeks. Their gymnasium was both a school and a place for manly physical exercise.

If we have a talk with students, we shall find that the majority of them are interested in sports. Some of them actively take part in them. Others are equally active, not as players but as spectators and enthusiasts. Games bring before the spectators a new world of competition and struggle, and when they are over they feel refreshed. Sports, thus, play an important part in giving us complete education.

Assistant Professor, BSH, TIB

SIT students raise the bar in sports

UDYAM: SIT ANNUAL GAMES & SPORTS

The SIT Annual Games & Sports 2025 showcased an exhilarating display of athleticism and sportsmanship across various disciplines. Organized by the Annual Games & Sports Committee, it provided an engaging platform for students to demonstrate their athletic skills, competitive spirit, teamwork, and enthusiasm through various sports and recreational activities.



SMART INDIA HACKATHON 2025

Team Black Syntax was declared the 2nd Runner-Up at the SIH 2025 Grand Finale held at Chandigarh Engineering College (CGC), Landran for their project 'Agro Suvidha' under Ministry of Agricultural, Govt. of Punjab. The team Payal Vyas, Nilkamal Adhikari, Ayush Sharma, Poulami Kundu, Avigyan Guha and Plovdiv Kumar Kundu developed the farmer-first solution during the 36-hour hackathon.

Team Grainz representing SIT displayed exceptional tenacity and technical skill at the grand finale of the Smart India Hackathon (SIH) 2025 Hardware Edition hosted at IIT Roorkee. Competing on a problem statement from the Ministry of Home Affairs, the team engineered an integrated hardware-software system designed for demanding field operations over an intense five-day.





FROM THE PRINCIPAL'S DESK



Prof (Dr) Amal K Ghosh

Why balanced curriculum needs both studies & sports

In today's dynamic academic landscape, the role of education extends far beyond the walls of classrooms. As an engineering institution committed to holistic development, we recognise that sports is an essential pillar for student's growth. While technical knowledge

OUR INSTITUTION REMAINS COMMITTED TO PROMOTING A VIBRANT SPORTS CULTURE

and innovation drive the future of engineering, it is physical fitness, teamwork, discipline and resilience, cultivated through sports, which

shape individuals into strong, capable professionals.

Engineering challenges often demand collaboration, perseverance, and clarity of mind, traits nurtured through regular sporting engagement. Participation in sports provides a healthy outlet, enhances concentration, improves time management, and helps students stay motivated.

Our institution remains committed to promoting a vibrant sports culture. Through well-equipped facilities, inter-departmental competitions, we aim to ensure that every student discovers the joy of physical activity and the confidence it builds.

Principal of Netaji Subhash Engineering College(NSEC)

SPORTS LESSONS ALIGN WELL WITH ENGINEERING SKILLS

TANUSHREE GANGULY

The importance of sports in education, particularly in engineering institutions, cannot be overstated. Engineering education demands not only intellectual capability but also endurance, discipline, and adaptability. Sports play a significant role in developing these attributes.

From my experience, students who engage in sports show improved energy levels, better time management, and enhanced classroom engagement. Sports also teach valuable lessons that closely align with engineering practice. The spirit of teamwork learned on the playing field translates directly into collaborative project work and professional teamwork.

Professor, Department of Electronics and Communication Engineering, MSIT

WHY TEACHERS ARE CENTRAL TO SPORTS EDUCATION

DR NARAYAN CHANDRA BISWAS

Education extends beyond academic learning and sporting activities are essential for maintaining physical fitness, improving stamina, and reducing stress. It also helps students to develop important qualities such as discipline, time management, teamwork, leadership, and perseverance.

Teachers encourage active participation, guide students in balancing academic responsibilities with physical activities, and help identify and nurture individual talents. By providing motivation, proper guidance, and a supportive environment, teachers ensure that sports are regarded as an integral component of education rather than a distraction.

Associate Professor, In-Charge, Chemistry, Basic Engineering Sciences & Humanities, Convener Sports & Games, NSEC

SPORTS STRENGTHEN MENTAL HEALTH

PRITAM SINHA

Active involvement in sports promotes physical fitness and overall health. Regular physical activity enhances strength, flexibility, coordination, and stamina, while also reducing the likelihood of health issues arising from sedentary habits. Sports also make a meaningful contribution to mental development. Participation in games and athletic activities encourages focus,



analytical thinking, and quick decision-making. Students engaged in sports often display higher levels of discipline, consistency, and the ability to manage time efficiently.

Meanwhile, sports play a significant role in shaping character and values. Through teamwork and competition, students learn the importance of cooperation, honesty, perseverance, and respect for others.

Assistant Professor, Department of Civil Engineering, SIT

WHY SPORTS DEFINE TRUE EDUCATION

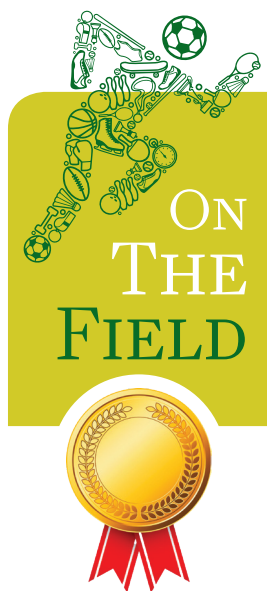
HRISHIKESH ROY

Swami Vivekananda believed true education must be "man-making," focusing on total development rather than just memorizing facts. In the Vedic tradition, the physical body is the Annamaya Kosha, the foundational temple upon which all intellectual and spiritual layers are built. Sports act as a modern Tapas, a disciplined heat that burns away lethargy and restores Prana, the vital life force necessary for any intellectual pursuit.

Beyond mere fitness, the sports field serves as a practical laboratory for the soul and a training ground for Karma Yoga, the art of acting with total focus while remaining detached from the paralyzing fear of failure.

Assistant Professor (English) D.E.S.H, SIT

A story of talent & triumph at TINT



TINT celebrates the outstanding achievements of Sayandip Saha, a 3rd Year CSBS student and accomplished hockey defender, who has represented the institution and the state with distinction at club, national, and international levels. He made his international debut in December 2025 at the 4th Youth Sports Indo-Nepal International Hockey Series in Nepal, where Team India emerged Champions. At the national level, he has represented Bengal in several elite tournaments. At the state level, he has been a multiple-time champion and team captain in the All-Bengal State Championship, winning titles across several years and receiving Best Player awards at both state and district levels.

MARTIAL MASTERY

Students of TINT showcased



SAYANDIP SAHA'S EXCELLENCE IN ACTION

remarkable sporting excellence at the All-India University Karate Competition, representing the institution through MAKAUT with distinction. Debsmit Ghosh, a 4th Year student of the CSE-AIML department, secured the first position in the state-level karate competition.

EXUBERANCE 2K25

The grand opening ceremony of

TINT Annual Sports 'Exuberance 2K25' was a three-day event. The chief guest was Manas Kumar Bhattacharjee, former Mohun Bagan footballer.

OF CRICKET & FOOTBALL

TINT Football team secured the first prize at the RSS Law College tournament Football Competition.

OFF-CAMPUS INDOOR GAMES

Ankit Gorai of 1st year CSBS has brought pride by winning gold in the National Level Powerlifting Championship.

Pritam Chowdhury (Batch 2020-2024), a graduate of the CSE stream, has emerged as the winner of the All-Bengal Rapid Chess Championship in November 2025.



FROM THE PRINCIPAL'S DESK



Dr Ashok Kumar Naskar

Sports strengthens teacher–student bond

Integration of academics with sports is one of the prime focus for a healthy development goal of a student. Hence, the institute has a major role in combining the two. At TIB, we have utilized the AICTE curriculum guidelines to felicitate sports-related activities within the academic structure.

Free slots are figured out after careful consideration of syllabus oriented class slots and additional

WE ENGAGE YOUNG FACULTIES TO OVERSEE SPORTING ACTIVITIES

slots for remedial classes prior to the commencement of a semester. These slots are then placed in morning and afternoon sessions at appropriate intervals in a week. Assigning yoga in morning session often enable a mental

and physical freshness for the rest of the day.

At TIB, we often engage young faculties to oversee sporting activities. This has proved to be beneficial especially in enhancing teacher–student bond. We are also planning to organize an annual lecture about promoting post athletics careers and sport management-related opportunities.

Principal of Techno International Batanagar (TIB)

SPORTS HELP PREVENT LIFESTYLE DISEASES

PINAKY BHADURY

Sports play a vital role in the holistic development of college students and are an integral component of modern education. While academic excellence is essential, participation in sports helps students develop physical, mental, and social competencies that classrooms alone cannot provide.

Regular involvement in sports promotes physical fitness, improves stamina, and reduces the risk of lifestyle diseases. More importantly, physical activity acts as a powerful stress reliever, enhancing mental well-being, concentration, and emotional balance, which ultimately supports better academic performance. Sports also inculcate essential life skills. Team games teach cooperation, leadership, discipline, and effective communication. For college students, integrating sports with academics ensures balanced development, preparing them to become healthy, disciplined, and socially responsible individuals.

Assistant Professor & Convener, Games & Sports, SIT

SPORTS HELP BUILD STRONG CHARACTER

PROF ARNAB DUTTA

Education is often perceived through the narrow lens of academic instruction, examinations and grades. However, the true purpose of education lies in the balanced development of an individual's intellect, character, and physical well-being. In this broader framework, sports occupy a position of vital importance, complementing classroom learning and enriching educational experience. In an age where sedentary lifestyles and digital distractions dominate, sports provide a much-needed avenue for physical engagement and mental refreshment.

Beyond physical benefits, sports serve as a powerful tool for character building. The discipline required in training, the determination to improve performance, and the resilience developed through competition shape students into confident and self-controlled individuals.

HOD, Civil Engineering Department, NSEC

SPORTS NURTURE HIDDEN POTENTIAL OF DIVYANG STUDENTS

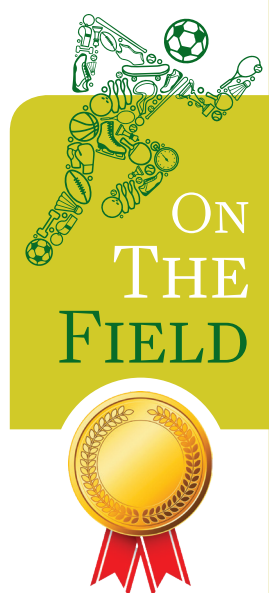
DIPANNYTA NANDI

A classroom has often been a place of isolation for the disabled. Honoured as Divyangjan, students with disabilities need to redefine their potential beyond the classroom. However, one might question, "Don't you think inviting a student in a wheelchair to the sports field is a cruel joke?". But if they did not consider sports a part of their education, we would have never witnessed Avani Lekhara holding a rifle or Sumit Antil holding a javelin, the Paralympians. Educational institutions must nurture the hidden talent of every pupil and create a pipeline for excellence.

Adaptive sports not only offer physical therapy but also increases mental resilience. The sense of confidence arises despite the physical limitations, be it wheelchair basketball or blind cricket. Let us remember, every bird should get its chance to soar high in the sky.

Assistant Professor, CSE, TIB

NSEC students bring laurels in sports



» **Sanjib Kumar Biswas**, AIML 2nd year student, 6th rank in 10m Air PISTOL in 9th East Zone Shooting (Rifle/Pistol) 2025 at Patna & Nalanda; 2nd rank in WBSSC (R&P) NR 2025, Asansol 2025. He is also selected in MAKAUT team for AIU games '2025-2026.

» **Archita Das**, AIML 2nd year student, 3rd in KATA, 2nd in KUMITE in 1st Seishinkai South 24 Parganas District Karate Championship 2025

» **Ritushree Nandi**, EE 1st-year student, 2nd in KATA in 1st Seishinkai South 24 Parganas District Karate Championship 2025

» **Ronit Naha Biswas** (2nd Year CSE) & **Md. Shahil Rizwan Ansari** (3rd Year ECE) were runners-up in carrom doubles INUEM (Ecstasia 2025)



» **Krishu Shah** (4th Year CSE) & **Vikram Kumar** (3rd Year ECE) were winners in carrom doubles in St. Thomas (Srey 2025)

» **Ayesha Begum** (2nd Year ECE) & **Shreya Ghosh** (2nd Year IT) were winners in carrom doubles at Techno Main Salt Lake (URJJA 2K25)

» **CUSO Arpita Paul** of BTech. She participated in ATC, CATC, trekking camps, AIVSC, and was promoted as CSUO and recommended by AFSB Guwahati

» **CWO Sunny Kumar** (B.Tech, CSE) participated in ATC, CATC, trekking camps, AIVSC, and promoted as CSUO and recommended by Indian Army.

» **Abhijit Ray** (4th Year, EE) participated in the 3rd Senior National Taekwondo Championship 2024-2025. He won gold in the National (2025) category in the 60 kg weight division

» **Abhishek Yadav** (3rd Year, ME) participated in the 2024 West Bengal State Taekwondo Championship. He won gold in the State (2024) category in the 54 kg weight division

» **Somathish Ghosh** (3rd Year, IT) participated in the 5th India Progressive Cup National Open Taekwondo Championship 2025. He won gold in the National (2025) category in the 94 kg weight division



FROM THE PRINCIPAL'S DESK



Dr Joydeep Dutta

Why colleges need to combine academics & sports

Higher education is not limited to classroom learning or examination performance. Its true purpose is the holistic development of students. Academics and sports should not be treated as competing priorities. A strong body supports a sharp and focused mind. How should colleges effectively integrate academics and sports within a balanced curriculum?

SPORTS SHOULD BE INTEGRATED INTO THE CURRICULUM THROUGH ELECTIVES OR CO-CURRICULAR MODULES WITH ACADEMIC CREDITS

VISION: Colleges should clearly include sports and physical education in their academic mission and strategic plans.
TIME ALLOCATION: Academic calendars must provide fixed and protected

time slots for sports and wellness activities.

STUDENT-FRIENDLY ACADEMIC SUPPORT: Flexible attendance, mentoring, and remedial classes should be offered to students participating in inter-college or university-level sports.

RECOGNITION: Sports should be integrated into the curriculum through electives or co-curricular modules with academic credits.

FACULTY INVOLVEMENT: Teachers should mentor student athletes and promote a healthy balance between academic responsibilities and physical well-being

SUPPORT SYSTEMS: Colleges must ensure adequate sports facilities, trained coaches, medical assistance, and fitness support.

MOTIVATION: Sports achievements should be acknowledged through awards, scholarships, and certificates.

Principal, Siliguri Institute of Technology (SIT)

SPORTS TEACH SKILLS FOR LIFE

DR MALAY KANTI NASKAR

Sports play a crucial role in education by promoting holistic student development beyond academics. Here are a few benefits of integrating sports in education:

PHYSICAL HEALTH BENEFITS:

Students engaging in sports maintain better fitness levels, reducing risks of chronic conditions and boosting energy for classroom focus.

MENTAL GROWTH: Through games and competitions, students learn how to

handle success and failure with confidence and patience.

LIFE SKILLS: Team sports encourage cooperation, communication, leadership, and mutual respect among students.

BOOSTS ACADEMIC

PERFORMANCE: Regular involvement in physical activities enhances cognitive functions such as memory, concentration and problem-solving skills by increasing blood flow and oxygen supply to the brain.

HOD, Mechanical Engineering Department, NSEC

SPORTS PREPARE YOUNG ENGINEERS FOR PROFESSIONAL LIFE

DR SK HASIM

Engineering students are often subjected to intense academic pressure due to demanding curricula, frequent evaluations, and competitive expectations. Regular involvement in sports helps them maintain physical fitness while also supporting mental well-being. Physical activity improves concentration, memory, and problem-solving abilities, which directly enhances academic performance.

As a faculty member, I have observed that students who actively participate in sports demonstrate better focus, discipline, and emotional stability in their academic pursuits. Sports also serve as a powerful medium for character building, especially for young engineers preparing to enter professional environments. Team sports encourage cooperation, communication, mutual respect, and trust, skills that are essential in multidisciplinary engineering projects and corporate workplaces.

Professor, Department of Civil Engineering, MSIT

SPORTS FOR HOLISTIC DEVELOPMENT

DR AMALENDU SINGHA MAHAPATRA

Sports play a vital role in the holistic development of students by nurturing discipline, teamwork, leadership, and a spirit of healthy competition. At Techno International New Town, we firmly believe that academic excellence is best complemented by physical fitness and sportsmanship. With this vision, our college organizes the annual sports meet, Exuberance, every year with great enthusiasm.

The Sports Committee (SC) is responsible for conducting the sports activities in the college. Throughout the event, the SC members closely monitors all activities, ensuring smooth coordination and adherence to standards. There is girls' common room and boys' common room at TINT to provide sports facilities which includes indoor game facilities include table tennis, carrom and chess.

Associate Professor, BSH, Sports Convenor, TINT

HALL of FAME

Avisek Tunga brings Guinness pride to MSIT

TIG CORRESPONDENT

Avisek Tunga, a faculty member of Mechanical Engineering, MSIT, is also an accomplished ultramarathon runner. He made history by becoming the fastest person to cross the Himalayas from west to east on a standard bicycle. He completed this remarkable solo, self-supported trans-Himalayan expedition in just 20 days and 15 hours, a performance that has now been officially recognized by Guinness World Records.

The journey, which began in Ladakh and concluded at Kibithu in Arunachal Pradesh,



covered a staggering distance of 3,700 kms and involved a cumulative elevation gain of 17,056 feet. The expedition was monitored by the World Ultra Cycling Association, ensuring strict adherence to international standards. Recently, Tunga received the Guinness World Records certificate.

Tunga's journey was marked by extreme physical and environmental challenges. Cycling through high-altitude Himalayan terrain meant battling low oxygen levels, steep mountain passes such as Bara-lacha La and Lungalacha La, and sharp variations in temperature between day and night.

ROUND THE CLOCK

FROM ART TO GAMES: MSIT'S CAMPUS COMES ALIVE

TIG CORRESPONDENT

Over the past few months, Meghnad Saha Institute of Technology (MSIT) has hosted a diverse range of academic, creative, social, cultural, technical, and sports activities, reflecting a vibrant campus life. The Magazine and Creative Art Committee's Arteza organized a Nikon photography workshop and a Diwali rangoli competition, Rangrekha. The Social Welfare Committee (RCMSIT) carried out multiple outreach initiatives,

including a Mahalaya saree donation drive on campus and at Kumortuli, a Children's Day visit to an orphanage with essential donations under AbolTabol, and blanket distribution to street dwellers on New Year's Eve. Under the Games and Sports Committee, Udaan's planned point-based auction event has been postponed to January due to examinations. Meanwhile, the Technical Committee's Megatronix successfully organized a gaming competition in collaboration with College Rivals, drawing enthusiastic participation.



FROM THE PRINCIPAL'S DESK

Balanced curriculum at TIGPS Siliguri integrates academics with sports

DR NANDITA NANDI

In today's rapidly evolving world, education can no longer be confined to textbooks and examinations alone. Schools have the responsibility of nurturing well-rounded individuals who are intellectually competent, physically fit, emotionally resilient, and socially responsible. An effective integration of academics and sports within a balanced curriculum is therefore not an option, but a necessity.

SPORTS IS NOT TREATED AS EXTRACURRICULAR ADD-ONS BUT GIVEN STRUCTURE TIME WITHIN THE TIMETABLE

At TIGPS, Siliguri, we firmly believe that academics and sports are complementary, not competing, domains. When thoughtfully integrated, both together create confident learners prepared for real-life challenges. The first step towards integration lies in curriculum design. Sports and physical education is given structured time within the school timetable, not

treated as extracurricular add-ons. A balanced schedule ensures that students engage in regular physical activity without compromising academic learning.

Secondly, at our school we adopt a holistic assessment approach. Recognising achievements in sports alongside academic accomplishments boosts students' self-esteem and motivates diverse talents. Celebrating sporting milestones in assemblies, report cards, and school events sends a strong message that physical education holds equal value in a child's development. At TIGPS, Siliguri, we encourage interdisciplinary learning where concepts of science, mathematics, and health are seamlessly linked with sports, helping students understand the academic relevance of physical activities.

Finally, a values-based approach is essential. Sports teach integrity, respect, and sportsmanship, values that are equally vital in academic pursuits and life beyond school. At TIGPS, Siliguri, we remain committed to shaping learners who are strong in mind, body, and character.

Principal, TIGPS, Siliguri

TIGPS Bolpur students excel in taekwondo, chess & more



ON THE FIELD



» Rising stars

Arkshit Chakraborty of Class VII dazzled in two chess tournaments at Durgapur and Haripal, snatching prizes with the precision of a grandmaster's gambit, making hearts swell with pride. TIGPS Bolpur basketball warriors conquered the district courts: boys claimed a spirited second place, while our girls danced to third. Arohi Mondal, a yogic blossom, unfurled her strength at Birbhum District Yoga Competition 2025 (Suri) securing the second prize, then soared to 7th at All Bengal Yoga Sana Championship 2025 (Visva-Bharati, Santiniketan, Bolpur). In 2025, Sheik Shanwaj represented the Birbhum District Under-19 Football Team in the District Football Championship held in Bolpur, where the team showcased stellar teamwork and determination, securing the runner-up (second position) prize. TIGPS Bolpur students made the institution proud in the Best School Competition of Birbhum District, organized by Bakreshwar Thermal Power Prabir Sengupta Vidyalaya. Young achievers bagged the third prize in the archery competition (organized by

West Bengal State Council Games). In International Taekwondo Championship 2025 promoted by Korean Association of Kolkata, Akasara Shabnoor bagged silver medal.

» TIGPS Bolpur students excelled at district-level Basketball and Throw Ball competitions. Their stellar performances brought laurels to the school, showcasing teamwork and skill

» Arjyadeb Roy of Class V won a scholarship in the Spell-a-Thon Olympiads — English Vocabulary and Communicative English competition.

» TIGPS Bolpur hosted SRISHTI 3.0 Inter-School Cultural and Literary Meet and welcomed 112 participants from Bolpur schools.

» The school honoured the 150th anniversary of 'Vande Mataram' with the 50 Bengal Battalion NCC. Urshita Mukherjee was honoured as the Best Cadet in NCC. TIGPS received the award for Best School Practising NCC.

» TIGPS, Bolpur hosted Prof. Dr. Takashi Ohue from Okayama University, Japan

TEACHER CONNECT

SPORTS BRING PEOPLE TOGETHER WITH A SHARED PURPOSE

TANMAY SAHA

As an educator, I firmly believe that true education extends far beyond academic instruction. When students engage in sports, they encounter discipline in action, collaboration in motion, and perseverance through effort. These are the values that quietly shape character.

Sports cultivate physical vitality while simultaneously strengthening mental resilience. I have often observed that students who participate actively in games exhibit heightened focus, emotional balance, and a constructive attitude towards learning. The structured routine of practice teaches them commitment, while competition introduces them to the dignity of both victory and defeat.

Furthermore, sports create an environment where diversity dissolves into shared purpose. On the field, differences of background, ability, or temperament recede, giving way to unity and mutual respect.

PGT - English, TIGPS Alipurduar

STORY STEPS: LEARNING THROUGH WALKING TRAILS

Story Steps is a creative learning concept that turns everyday spaces like school corridors, parks, and playgrounds into interactive learning trails for children. It addresses short attention spans and low interest in reading by combining movement with storytelling. Colourful floor markers or wall panels guide children from one point to another, with each stop revealing a part of a story, question, or activity. Children might solve a riddle, act out a scene, answer a maths problem, or think about an EVS concept as they move ahead.



PITCH IT

Learning happens naturally, without screens or pressure.

Story Steps offers theme-based trails such as folk tales, science adventures, value education, or exam revision. The content is age-appropriate, curriculum-linked, and designed by educators. This idea promotes active learning, improves

comprehension, and makes education fun and memorable. Story Steps helps schools create engaging learning spaces at low cost while encouraging children to learn by doing and exploring.

TIGPS Bolpur

TEACHER CONNECT

SHYANTANY MAZUMDER

Education is not limited to books and classrooms alone, it should involve physical fitness, mental strength and social skills, all of which are nurtured through sports.

Sports significantly enhance physical well-being. Regular engagement in athletic activities strengthens muscular endurance, cardiovascular health and overall bodily coordination. It instills an active lifestyle among students, safeguarding them against sedentary habits and lifestyle related ailments. A sound physique directly contributes to increased alertness and sustained academic performance.

Equally important is the contribution of sports to mental and emotional stability. Physical exertion acts as a natural stress reliever, alleviating anxiety, frustration and academic pressure. It also sharpens concentration, enhances cognitive abilities and cultivates emotional resilience. A society that values sports cultivates healthier individuals and stronger communities.

TGT - English, TIGPS Alipurduar



FROM THE PRINCIPAL'S DESK

DR SUKANYA GHOSH BISWAS

Sports teach lessons no classroom can

As a school leader, I feel academics and sports are not two different streams but two pillars working in tandem with each other to shape confident, capable, and well-rounded individuals. As we reflect on our educational practices, it becomes clear that sports hold a vital place in nurturing the young minds entrusted to us.

More than any classroom, sports impart lessons. The moment the students come out into the field, they learn discipline, patience, teamwork, and resilience. They learn that success is not just about winning, but about the effort put in, the failures endured, and the determination to rise again. These values translate into their academic learning as well, helping them stay focused, set goals, and manage challenges with greater maturity.

Sports also teach leadership and teamwork. Besides, school sports offer a platform for the expression and development of talents. As a school, we take pride in creating such pathways for our students and encouraging them to explore their strengths beyond the classroom. As we strive further for excellence, let us not forget that sports are not merely extracurricular activities; they form an integral part of education.
Principal, TIGPS, Bolpur

STUDENT CORNER



Sports and physical activities have a major role to play in our education system as they add considerably to our physical, mental, and physiological growth as a student. In addition, participating in physical activities acts as a stress buster, as it reduces stressful conditions, cleans our minds, and enhances our focusing capabilities, leading to improved performance and results in our academics as well. Sports also develop traits like integrity, fair play, and self-confidence, all of which go a long way in shaping a student's character. Hence, physical activities or sports not only serve as a fun or entertaining activity, but also form a crucial, important part of our education system, as they contribute considerably to our overall development.

Adrika Biswas, Class IX, TIGPS Alipurduar

Volleyball to Yoga: TIGPS Siliguri students hold their ground



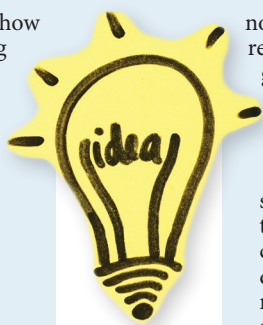
- » Prateeti Paul brought glory to TIGPS, Siliguri by winning gold Medal at the South Asian Youth Table Tennis Championship, Nepal. She participated in four categories and won Gold in all - under 15 girls' singles win with India 3-1, under 15 girls' doubles win with Nepal 3-0, under 15 mix doubles win with Pakistan, under 15 girls team win with Sri Lanka, Maldives, Bangladesh, Nepal.
- » Ireen Halder of class VII achieved 2nd Position (Silver) in 400m free style, 2nd Position (Silver) in 50 m Free Style, 3rd Position (Bronze) in 100m Back Stroke.
- » TIGPS Siliguri bagged one Bronze Medal - Kavya Dorjee (under 17 Girls 68 kg above category).
- » Under-19 Boys Category of TIGPS Siliguri was 1st Runner-up in CBSE Cluster II Volleyball Championship.
- » TIGPS Siliguri bagged 1st position in Under-19 Boys' category and 2nd Position for Under-19 Girls' category in CBSE Cluster II Table Tennis Championship
- » The school bagged the 3rd position in Under-19 Girls Team in CBSE National Table Tennis Championship in Gujarat. Under-19 Girls Team was 2nd Runner-up (Bronze)
- » Sakshi Roy (XI), Mou Mandal (VI),



- SILVER Medalists Are Soumyadeep Mandal (VI), Nandini Kundu (V), Riya Alam (VI), Kinjal Bhagat (VIII) won gold medals at South Asia Yoga Sports Championship
- » Kunal Bose achieved an outstanding milestone by securing 1st Position in the Bengal State Championship under the 50+ age category
- » Raj Roy Chowdhury won Super Star Award in Taekwondo at the World Sports Star Awards International. He also won the maximum machine gun punches performed in one minute with 1 kg weights in each hand
- » Raj Roy Chowdhury got his name in the International Book of Records - most one hand contact short punches with 2 kgs weight bind on wrist.
- » Dolan Dutta won gold In World Yoga Cup and an International Yoga Champion

SMART MATCH LEARNING

We all know how challenging it is to keep young children focused on studies. To address this, we have developed a device that makes learning more fun and intuitive by sparking curiosity and encouraging self-driven study. The device has two sides—one displaying questions and the other answers. The child selects a question, solves it manually, and then connects two wires between the chosen question and the correct answer. If the answer is right, a buzzer sounds and an LED lights up; if it's wrong,



PITCH IT

nothing happens. This reward-based feedback gives children a sense of achievement and motivates them to learn. The device is supported by an app that allows complete customisation of questions and answers, making it suitable for students of any age and academic level. Currently, the target audience is schools and teaching centres for young children. Future plans include adding voice feedback, making the device smaller and portable, and converting it into a completely wireless system.
Supragya Das & Saptarshi Mallick, TIGPS Siliguri

SPORTS HELP RELIEVE STRESS & IMPROVE OVERALL WELL-BEING

JOYDIP MODAK

Sports and physical play a crucial role in the overall development of students. The Central Board of Secondary Education (CBSE) recognizes the importance of sports and physical education in the holistic development of students. Regular participation in sports helps maintain a healthy weight, builds strong muscles and bones, and boosts cardiovascular health. Physical activity is a natural stress reliever, releasing endorphins that improve mood, reduce anxiety, and aid in better sleep. Team sports

provide opportunities for students to learn how to collaborate, communicate effectively, and resolve conflicts. Balancing academic responsibilities with practice schedules and games teaches students discipline and effective time management. Active students often perform better academically and exhibit better classroom behaviour. Sports are not just extracurricular activities but an integral part of education. A balanced education must, therefore, include both academics and sports to nurture healthy, capable and responsible citizens.
Faculty of Physical Education, TIGPS, Siliguri



FROM THE PRINCIPAL'S DESK

Education is incomplete without sports

MILI MITRA

In today's fast-paced and competitive world, education must go beyond textbooks and examinations. Schools have the responsibility to nurture not only sharp minds but also healthy bodies and resilient personalities. An effective integration of academics and sports within a balanced curriculum is essential to achieve holistic development in students.

SCHOOLS MUST RECOGNIZE SPORTS AS AN INTEGRAL PART OF EDUCATION

Academics form the backbone of formal education, equipping learners with knowledge, critical thinking skills, and intellectual discipline. However, when academic pressure dominates school life, it can lead to

stress, reduced creativity, and disengagement. Sports and physical education act as a natural counterbalance. To integrate academics and sports effectively, schools must first recognize sports as an integral part of education, not as an extracurricular add-on.

Well-structured schedules help students manage their time efficiently, learning the important life skills of balancing responsibilities. Curriculum planning should also focus on inclusivity. Not every child will excel academically or athletically in the same way. Schools should offer a wide range of sports and physical activities—team games, individual sports, yoga, and fitness routines—so that every student finds an avenue to participate and grow. This inclusiveness builds confidence and a sense of belonging. Teachers and coaches play a crucial role in this integration. Assessment methods should also reflect this balance.

Headmistress, TIGPS Alipurduar



School sports nurture leadership

I am Swapnadipa Roy, a proud alumnus of NJSS, TIGPS Raniganj (Session 2022–2023), currently pursuing BA LLB. Looking back, I believe sports played a vital role in shaping not just my physical well-being but also my academic discipline and overall personality. Sports taught lessons no textbook could—instilling discipline, time management, resilience, and teamwork, qualities that continue to

guide me in my legal education. Balancing academics with sports helped me prioritise tasks, handle pressure, and stay consistent, skills essential in the field of law.

School sports also nurtured leadership, confidence, and emotional strength. Being part of a team taught me collaboration, respect for differences, and working towards a common goal. Win or lose, every match builds maturity and balance.

Girls lead the way in NJSS TIGPS Raniganj



Students of NJSS, TIGPS Raniganj, were selected in the Sub-Divisional School-Level Kabaddi Competition (Under-19 Girls) and emerged as champions. Shresthanshi Bose of Class IX secured first position in the Inter-school Badminton competition.



TEACHER CONNECT

PLAYGROUND OFFERS A BREAK TO BREATHE

SANDIP MONDAL

Sports bring balance and vitality to a teenager's life in education. Amid lessons and responsibilities, the playground becomes a space to breathe, grow, and rediscover strength. Through sports, teens build stamina, focus, and discipline while learning teamwork, leadership, and respect. Victories teach humility, and defeats build resilience. Sports also nurture confidence and self-belief, helping students face challenges with courage. For teenagers, sports are not just games but guiding forces that shape character, health, and harmony in education.

TIGPS, Bolpur

PLAYTIME BUILDS STRENGTH & CONFIDENCE

SUDESHNA DAS

Sports are like bright sunshine in a child's school life. Through playful games and cheerful races, children grow strong, active, and confident. Sports gently teach them to share, wait for their turn, and work together like little friends holding hands. Laughter on the playground refreshes young minds and makes learning happier. For kindergarten children, sports are not just games but beautiful moments that help them bloom in body, mind, and spirit.

Coordinator (PG-II), TIGPS Siliguri

MANY STUDENTS GROW & EXCEL THROUGH SPORTS

NILUFA YASMIN

Most people think a successful career is made possible only through academics. But then, we wouldn't have had Sachin Tendular, Sourav Ganguly or Lionel Messi, the sports icon who are now also life coaches. Sports play a vital role in education and contribute significantly to the overall development of students. I solely believe that education should not be limited to classroom learning alone; physical activities and sports are equally important for building a healthy body and mind.

Regular participation in games and sports improves strength, stamina, flexibility, and coordination. It helps students stay active and prevents health problems such as obesity and fatigue. Another important aspect of sports is the development of social skills and moral values. Team games teach cooperation, teamwork, leadership, discipline, and respect for others. Students learn to follow rules, respect opponents, and practice fair play. Many students discover their potential in sports and represent their schools, states, or even the nation.

Nandlal Jalan Shiksha Sadan, TIGPS Raniganj

SPORTS LINK FUN WITH LEARNING

PRIYATOSH GHOSH

Sports serve as a bridge between active play and structured learning. Physical activity increases blood flow and oxygen to the brain, which can help with concentration, and problem-solving in other subjects like Mathematics or English.

Students learn how to communicate under pressure, work as a team, and handle both win and loss with grace. It also triggers the release of endorphins, which helps reduce the stress and anxiety that often come with schoolwork. Physical education is not only a subject, it's a real-life experience which is not restricted by syllabus.

Nandlal Jalan Shiksha Sadan, TIGPS Raniganj



FROM THE PRINCIPAL'S DESK

Here's why we should support indigenous games

SUKUMAR MAHAPATRA

Sports is not just an activity, but a medium that illuminates all other disciplines. It is quite evident that students do not pursue sports only as a mode of entertainment anymore, but they now envision their entire career built upon it. It is high time we need to seamlessly incorporate the spirit of sportsmanship in our curriculum, not just annually, but more frequently during the session.

Students of Techno India Group of School, Durgapur, are taking forward the legacy of holistic development and our glorious achievements in sports are an open testimony to this. The spirit of a true sportsman lies in the zeal of participation, rather than the spirit of victory. It is also noteworthy that our pupils, on

one hand, associate with games like archery and chess that examine their power of concentration, and on the other hand, enthusiastically participate in sports like volleyball, football, badminton and so on, that demand their physical resilience.

Personally, I am an advocator of indigenous Indian games, which are finding it hard to continue its establishment in this Wi-Fi led times. This enabled an inspiration in me that led to us being the proud host of the CBSE Cluster II Volleyball Tournament 2025-26 that bestowed us not only with an almanac of lessons but also paved our way towards the horizon of new opportunities. We look forward to constructively engaging our students in a greater number of ventures so that our students learn to observe, improvise and applaud. The art of appreciation can be best learnt from the realm of games.

Principal, Techno India Group Public School, Durgapur

THE ART OF APPRECIATION CAN BE BEST LEARNT FROM THE REALM OF GAMES



FROM THE VICE PRINCIPAL'S DESK

Sports make learning easier by reducing stress

SHARMISTHA SINHA

Sports play a pivotal role in shaping well-rounded individuals. Sports instil essential life skills such as discipline, perseverance, teamwork, leadership, and respect for rules. Participation in sports nurtures self-confidence, emotional balance, enabling learners to face challenges with determination and composure.

Sports promote inclusivity, cooperation and a sense of fair play, fostering social harmony and mutual respect. Sports is not merely a recreational diversion but

a powerful educational tool that complements academic learning by nurturing physical fitness, mental resilience and emotional well-being.

In an era marked by sedentary lifestyles and increasing academic pressure, sports provide a healthy outlet for stress, promoting mental clarity and focus, which in turn enhances academic performance. By integrating sports into educational framework schools affirm their commitment to holistic development, recognizing that true education addresses the body, and character in equal measures.

Vice Principal, TIGPS Falakata

NOVELTY IN 'NOVA'

Nothing turns into waste if we use something effectively and efficiently. In a rapidly globalizing world, production of waste is inevitable. Industries generate employment, and employment ushers in the desire of a better lifestyle. In pursuit of materialistic gain, we often end up posing a threat to our environment. 'Nova' can eventually turn waste into worth with multifarious benefits. Under this innovative concept, the installation of a Smart Compost ATM would be economical and sustainable nationwide.

Divyanshu Kumar, TIGPS, Durgapur



SPORTS CAN BECOME A CAREER PATH

Now, some parents don't like the word 'sports' but they are fans of Virat Kohli or PV Sindhu. But why this irony? It might be because of a common idea that sports have a limited scope. But this is where they go wrong.

This one small, misunderstood idea might lead to a huge issue. Sports and academics can always go hand-in-hand and then the students can choose their own path. While some might travel on the path of academics, others might pursue sports. In fact, we have

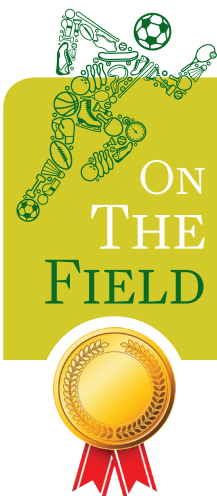
to understand the fact that sports are inseparable from education. And that's why India has so many sports icons.

Sports play a vital role in shaping physical, mental, and social well-being. They are not just a source of entertainment but also a means of fostering discipline, teamwork, and perseverance. Engaging in sports doesn't just help physically but if pursued with diligence, it can open doors as a profession.

Neha Anjum, Class X, TIGPS Raiganj



Techno India Group Public School, Hooghly marked a significant milestone in December 2025 by celebrating achievements, talent, and two decades of excellence. The event stood as a testament to dedication, growth, and the collective spirit of the school community, filled with pride, culture, and celebration.



Meet the sports stars of TIGPS Falakata



Aishiki Das (IX) demonstrated exceptional strategic thinking and competitive spirit at the state-level chess competition. Debanjan Rudra (VI) has shown remarkable promise in chess by qualifying for state-level chess competition. Sreyan Paul (VI) brought laurels to the school by securing the second position in International Karate Championship. Sankhadeep Oraon (IX) achieved the second spot in National Kickboxing Championship. Chandrima Barman (IV) has secured second position in National Kickboxing Championship. Ferdous



Islam (X) secured third position in 800-meter race at CBSE Cluster Meet. Ahil Roshen Rahaman (V) emerged as champion of State Badminton Championship. Supratik Chanda (V) bagged the first prize in District-Level Badminton Championship.



FROM THE PRINCIPAL'S DESK

The need for smart schedules

AVIJIT CHAKRABORTY

A well-balanced school curriculum recognises that academic excellence and physical development are complementary rather than competing goals. First, physical education and sports must be timetabled within regular school hours, ensuring that every student participates without compromising academic learning. Structured schedules, where academic classes and sports sessions are thoughtfully spaced, help students maintain focus, reduce fatigue, and improve overall productivity.

Also, sports should be aligned with academic objectives wherever possible. Concepts such as physics in motion, biology of the human body, mathematics through scoring and statistics, and lessons in teamwork and leadership can be reinforced through sports activities. This interdisciplinary approach makes learning experiential and meaningful, helping students understand real-world applications of classroom concepts. Third,

assessment systems should acknowledge multiple forms of excellence. While academic performance remains crucial, schools should also recognise achievements in sports through credits, awards, or report card reflections. This balanced recognition motivates students to pursue both intellectual and

SCHOOLS SHOULD ALSO RECOGNISE ACHIEVEMENTS IN SPORTS THROUGH CREDITS, AWARDS, OR REPORT CARD REFLECTIONS

athletic growth without feeling pressured to choose one over the other. Equally important is the role of trained educators and coaches. Finally, schools should foster a culture that emphasizes discipline, teamwork, time management, and perseverance, skills developed through sports that directly enhance academic success.

Principal, Techno India Group Public School Raiganj



TEACHER CONNECT

SPORTS TEACH RESPECT & RESILIENCE

ARUNAVA SEN

Education is not limited to academic learning alone; it also includes physical, mental, and social growth. Sports help students maintain physical fitness, improve strength, stamina, and coordination, and reduce the risk of health problems caused by a sedentary lifestyle. Participation in sports also enhances mental well-being.

Students who regularly engage in sports often perform better academically because physical activity boosts brain function and discipline. Moreover, sports instil qualities like honesty, patience, perseverance, and respect for rules. They teach students how to handle success with humility and failure with courage. Through sports, students learn the importance of fair play and cooperation, fostering a sense of unity and social harmony.

Assistant Teacher, TIGPS Midnapore

LET'S END GENDER SENSITIZATION IN SPORTS

RAKHI ROY

As a sports teacher, my aim remains to promote all kinds of games be it indigenous or adventurous. Any sport primarily aims at physical wellbeing, which leads to mental stability and confidence building.

My most important mission remains to reduce gender sensitization in sports. I encourage girls to participate in football and basketball games and make them understand that sports is not only about physical strength. Since I come from a modest background, I am aware of the hurdles that one faces in our nation to pursue sports as a career option. Given the opportunity provided to me at TIGPS Durgapur, I intend to bring about a change in the thoughts of the people regarding sports as a profession.

Sports Teacher, TIGPS Durgapur

SCIENTIFIC JOURNAL CLUB IN SCHOOLS

The National Education Policy (NEP) 2020 strongly emphasises the development of critical thinking as a core goal of education. It moves away from rote memorisation and focuses on understanding, analysis, problem-solving, and creativity. So, to enhance inquiry-based and experiential learning, a scientific journal club can be included in schools. They also promote asking "why" and "how," moving students beyond rote learning. The club, under the guidance of a subject teacher, will produce an individual report for the week about recent discoveries in science. This report can be displayed on school's website or bulletin board.



PITCH IT

Dr Deeptyaman Das, Assistant Teacher (PGT Biology), TIGPS Raiganj

CLASSROOMS & FIELDS TEACH DIFFERENT LESSONS

SUMANA HALDER BHAUMIK

Academic success can be earned quietly but athletic success cannot. A topper's success is written in a report card, while an athlete's triumph is witnessed by tens of thousands of eyes. Sports expose a person to judgment. Though this may sound daunting and emotionally draining, it also allows room for self-improvement and can be emotionally fulfilling too. While academics allow failure to be hidden, sports display it, enabling an individual to master resilience, perseverance, self-esteem, teamwork, adaptability, and qualities that cannot be learned in a classroom.

Classrooms and fields teach different kinds of knowledge. Education is not simply what a person's grades and report cards display; it does not end the moment a person gets a job and settles down.

Assistant Teacher, TIGPS Siliguri

TIGPS Durgapur celebrates teachers, hosts volleyball tourney

TWO TEACHERS AWARDED SIKSHAK SAMMAN AWARD

Nilima Kumari, Senior Coordinator of classes XI-XII, HoD of Biology and Ranita Roy, Senior Coordinator of classes IX-X, HoD of Chemistry have been conferred with the reverential Sikshak Samman Award from Sahodaya CBSE.

DIVYANSHU KUMAR IN ICC INNOVATEX

The Indian Chamber of Commerce (ICC) conferred accolades to Divyanshu Kumar of XI (Science) representing TIGPS Durgapur for ranking first in ICC INNOVATEX – ICC Innovation Conclave & Awards, for his project "NOVA-Turning Waste into Worth".



IPN VALUE IMPARTER OF THE YEAR

The IPN Foundation – Global Confluence of School Leaders has recognised senior faculty member Punam Jha, HoD, Hindi as the 1st runner-up in the category 'IPN Value Imparter of the Year'. She has bagged the title of the National Finalist in the sixth edition of Inspire Awards 2025.



CBSE CLUSTER VOLLEYBALL

More than 40 schools from Bengal, Odisha and Chhattisgarh participated in the CBSE Cluster Volleyball Tournament, which was hosted by TIGPS Durgapur. The tournament was a major success for the school and a big hit.





FROM THE PRINCIPAL'S DESK

Sports in schools: Must for 21st century success

NILOY MANDAL

Integrating sports into school education isn't just about fitness; it's about holistic growth, building sharper minds, better focus, resilience, and teamwork. Aligning academics with physical and emotional development for a truly well-rounded student is crucial for 21st-century success.

The general notion is sports and studies don't go hand-in-hand. They are opposing forces. But I see them as allies. Physical activity increases blood flow to the brain, enhances concentration, memory, and problem-solving skills. A truly balanced curriculum does not ask students to choose between intellectual excellence and physical development. It weaves both into a coherent, purposeful learning experience. Sports should not be

treated as an "extra" to be accommodated only if time permits. Instead, physical education and sports training must be embedded within the regular timetable.

SPORTS SHOULD NOT BE TREATED AS AN "EXTRA" TO BE ACCOMMODATED ONLY IF TIME PERMITS

Teachers should also appreciate the educational value of sports, and coaches should understand academic pressures and goals. Inspired by the National Education Policy (NEP) 2020, we are committed to embedding sports into our curriculum, not as a diversion, but as a pedagogical tool.

Principal, TIGPS Falakata & Mentor, All TIGPS Schools (N.B.)

Encouragement builds better sportspersons

PARAMITA KUMAR

Intelligence and skill can function better when the body is healthy and strong." — John F Kennedy. I firmly believe that education, in its truest sense, goes far beyond textbooks and examinations.

While academics form the backbone of formal education, sports and physical activities play an equally vital role in shaping confident, disciplined, and resilient individuals. To effectively integrate academics and sports, schools must adopt a balanced curriculum supported by thoughtful planning. Also, celebrating achievements in both academics and sports motivates students to excel across domains.

At TIGPS, Raniganj, we remain dedicated to building confident, disciplined, and well-rounded individuals. An

Inter-School Football Tournament was organized to encourage active participation, sportsmanship, and healthy competition among students. Notably, the commendable

CELEBRATING ACHIEVEMENTS IN BOTH ACADEMICS AND SPORTS MOTIVATES STUDENTS TO EXCEL ACROSS DOMAINS

performance of our girls in the Sub-Divisional Kabaddi Competition, where they secured first position, stands as a significant milestone. Such initiatives provide valuable exposure, build confidence, and foster a spirit of unity and collaboration.

Principal, Nandlal Jalan Shiksha Sadan (TIGPS Raniganj)



TEACHER CONNECT

SPORTS HELP IN ALL-ROUND DEVELOPMENT

DIPAK KUMAR SINGH

In the modern curriculum, sports are no longer just an "extracurricular" activity. They are a fundamental pillar of a well-rounded education. Sports are not only a source of physical exercise but also an important means of developing students' overall personality.

First of all, regular participation in games and sports keeps students active, healthy, and energetic. A neurotransmitter is a chemical messenger in the brain that helps nerve cells talk to each other. Dopamine is

a neurotransmitter responsible for motivation, attention, reward, and learning. Regular physical activity, such as walking, running, yoga, cycling, or sports stimulates the release of dopamine in the brain.

In today's world, where children spend a lot of time on mobile phones and screens, sports help reduce obesity and lifestyle-related diseases. Schools should give equal importance to sports and academics to ensure the holistic development of students.

Assistant Teacher & HOD Sports Dept, TIGPS Raiganj



TIGPS Durgapur wins The Telegraph Award

TIGPS Durgapur has been bestowed with The Telegraph School Awards this year in social service. The school started classes for spoken English, Computer, Science, music and dance for underprivileged children from adjacent areas. Currently, there are 40 students. The transportation stationery and refreshments are also provided by the school. A total of eight teachers and 10 volunteers, from Classes IX and X take an active interest in conducting the classes.



TIGPS Midnapore students win titles



ON THE FIELD

ARCHISMAN PATRA (CLASS IX), TIGPS Midnapore, secured 1st position in the 12th National Amateur Chess Championship at Bodhgaya, Bihar, and qualified for the Asian level to represent India. **Debanko Das (Class VII)** secured 2nd position in the District Chess Championship and advanced to the state level, while **Arkaprava Pal (Class IX)** finished 4th and also qualified for the state level.



ANURAG SINHA (CLASS VII) has been selected for U-14 sub-divisional cricket, and **ANKUSH ROY (CLASS VI)** has been selected by the Cricket Association of Bengal (CAB) for U-14 cricket. **Eshan Bala (Class II)** won 1st position in the U-10 freestyle swimming competition organised by Midnapore Swimming Club. **ANISHA NAYAK (CLASS I)** won a gold medal in the Sub-Junior Girls' group at the 9th International Karate Championship. At the Gyanodaya Inter-School Quiz organised by Chanakya International School, Innaya Kedia and Ainesh Mandal (Class II) secured 1st position in Group A; **Abheri Shaw and Susnata Ghosh (Class III)** secured 1st position in Group B; and **Raktim Sahu and Souradeep Manna (Class VI)** secured 2nd position in Group C.



TEACHER CONNECT

ARUP KUMAR DAS

Sports play a vital role in the overall development of students and hold an important place in modern education. While academic excellence is essential, education remains incomplete without physical activities that shapes students into healthy, disciplined, and confident individuals.

Regular involvement in games reduces stress, improves concentration, and boosts mental alertness, which ultimately enhances academic performance. Beyond physical benefits, sports instil essential life skills such as teamwork, leadership, discipline, and time management. By integrating sports into the academic curriculum, educational institutions can ensure the holistic development of students.

Senior Coordinator & HOD Physics (Class XI-XII), TIGPS Durgapur



FROM THE PRINCIPAL'S DESK

Balance between books & games matters

DR MOUPIA G WILLIAM

As we navigate the ever-evolving landscape of education, it's imperative to recognize the symbiotic relationship between academics and sports. A balanced curriculum that harmoniously integrates is crucial for fostering well-rounded individuals. Effective integration requires prioritizing time management, encouraging participation, and monitoring progress. Educators, parents, and coaches must collaborate to support students in achieving balance and excellence.

Physical activity has been shown to enhance cognitive abilities, leading to better academic performance. Sports teach valuable life skills like discipline, teamwork, and time management, which translate to academic success. Regular physical activity reduces stress and anxiety, creating a conducive environment

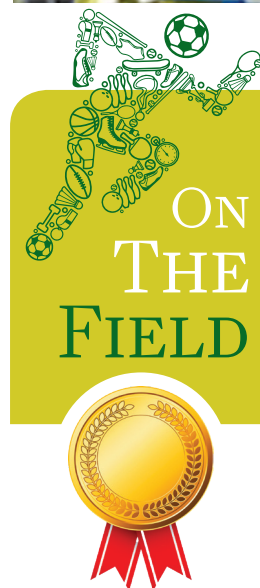
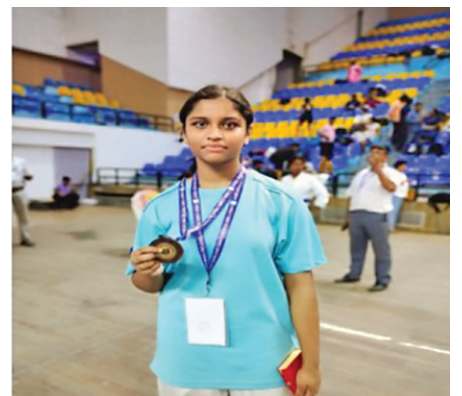
for learning. We should foster an environment where students feel encouraged to participate in sports, without compromising academics.

A BALANCED CURRICULUM THAT HARMONIOUSLY INTEGRATES IS CRUCIAL FOR FOSTERING WELL-ROUNDED INDIVIDUALS

It's also important to establish achievable goals for students, acknowledging individual strengths and weaknesses. A balanced curriculum that integrates academics and sports is not a luxury, but a necessity. By embracing this approach, we can nurture students who excel academically, athletically, and personally.

Principal, Techno India Group Public School, Midnapore

TIGPS Raiganj students make school proud



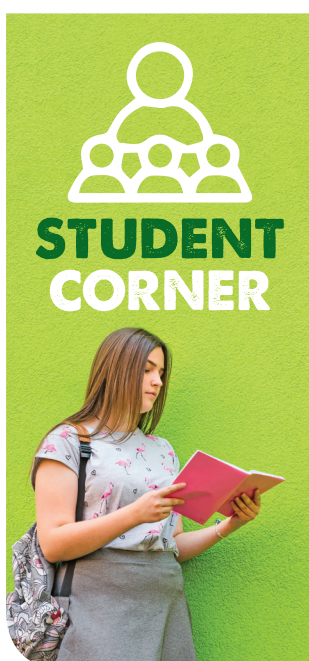
Prachi Sarkar (Class IX) secured 3rd position in Discus Throw and Shot Put at the CBSE Athletic Meet Cluster II at KIIT, Bhubaneswar, and also won 3rd position in Kumite (Karate) at the 69th State School Games organised by the West Bengal State Council for School Games and Sports, along with Aman Choudhury (Class VI). Shreyan Deb (Class VII) was selected for the district school U-17 cricket team and represented the school at the 69th West Bengal State School Games.

At the Inter-School

Annual Winter Athletic Meet organised by the Zonal Council for School Games and Sports (North Zone), Raiganj, Prachi Sarkar (Class VIII) won Silver Medals in Shot Put and Discus Throw; Aindrila Basak (Class IX) won Silver in the 100m race; Samridhi Saha (Class IX) won Bronze in Discus Throw; Aush Roy (Class VIII) won Bronze in the 100m race; and Ashif Askaree Islam (Class XI) won Bronze in Shot Put.

Students of TIGPS Raiganj also emerged champions in the North Zone Kho-Kho Competition at the Inter-School Winter Sports Meet.

SPORTS KEEP STUDENTS FIT & CONFIDENT



Education is not limited to books and classrooms alone. For the complete development of a student, sports play a vital role alongside academic learning. Sports help in shaping not only a healthy body but also a strong and disciplined mind.

To begin with, sports are essential for physical fitness. Sports teach students how to handle success with humility and failure with courage, qualities that are necessary in every walk of life. Moreover, sports help in reducing stress and anxiety. Academic pressure often creates mental fatigue among the students. Sports provide a refreshing break from studies and help in relaxing the mind. Students who actively participate in sports are generally more confident, self-motivated and emotionally balanced.

Archisha Modak, Class VII, TIGPS Alipurduar



TEACHER CONNECT

SPORTS BRIDGE EDUCATION & REAL LIFE

MONIDEEPA THAKUR

Sports is not a part of education, rather it is the best way to educate someone. Values learnt on the field can be better assimilated by learners than by sheer rote method. Sports help in mastering the art of controlling the mind, which is indeed very important. Once the mind is in our control, we can withstand the obstacles, whatsoever be its intensity. It is important to acknowledge and encourage the career scope that students can avail through games and sports. One never loses in a game, either one wins, or learns. As said in the Bhagavad Gita, in life, one should focus on the efforts rather than outcomes. Likewise, in sports, the spirit of participation is the most integral aspect, rather than the final result.

As a mentor, I like to instil in them that shortcuts can never be the mode to the journey of success and salvation, rather hard work though tedious and sometimes challenging is the ultimate mode towards the fame that we all run after throughout our lifetime.

Senior Teacher, Department of English, TIGPS Durgapur

SPORTS FIGHT SEDENTARY LIFESTYLES

KARTIK CHANDRA KUNDU

Sports and games are crucial for developing well-rounded individuals, fostering physical health, improving mental well-being. Education does not include only textbooks. Beyond chalk and charts lies a field where lessons are learned through sweat, teamwork, and fair play, sports.

A student who learns to arrive on time for training also learns to value time in life. The game has both defeat and victory. It teaches them to be confident in victory while keeping patience and determination in defeat. Physical fitness is another priceless gift of sports. In this age of sedentary habits, games play an important role in keeping young minds active and healthy bodies. Sports is not a distraction from education but it's a powerful partner, shaping balanced individuals ready to face life with courage, cooperation, and confidence.

Faculty of English, Nandlal Jalan Shiksha Sadan (TIGPS Raiganj)