

2021-22



# K.R. MANGALAM UNIVERSITY

## THE COMPLETE WORLD OF EDUCATION

### Report FITNESS PRO CHALLENGE

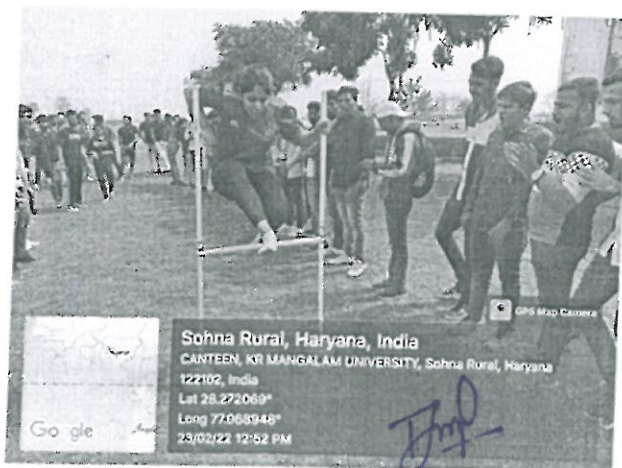
Department of Physiotherapy- School of Medical and Allied Sciences, K. R. Mangalam University, Gurugram and Health Society conducted an Inter-University Competition On Wednesday, February 23, 2022.

K.R. Mangalam University (Gurugram- Haryana) organized a spectacular and entertaining Inter-University Fitness Pro Competition with the aim of health awareness on 23rd February, 2022. Organized by the **School of Medical & Allied Sciences and Health Society K.R. Mangalam University** in association with **Fit 360X**, various participating students and students from different states of the country actively participated in this event.

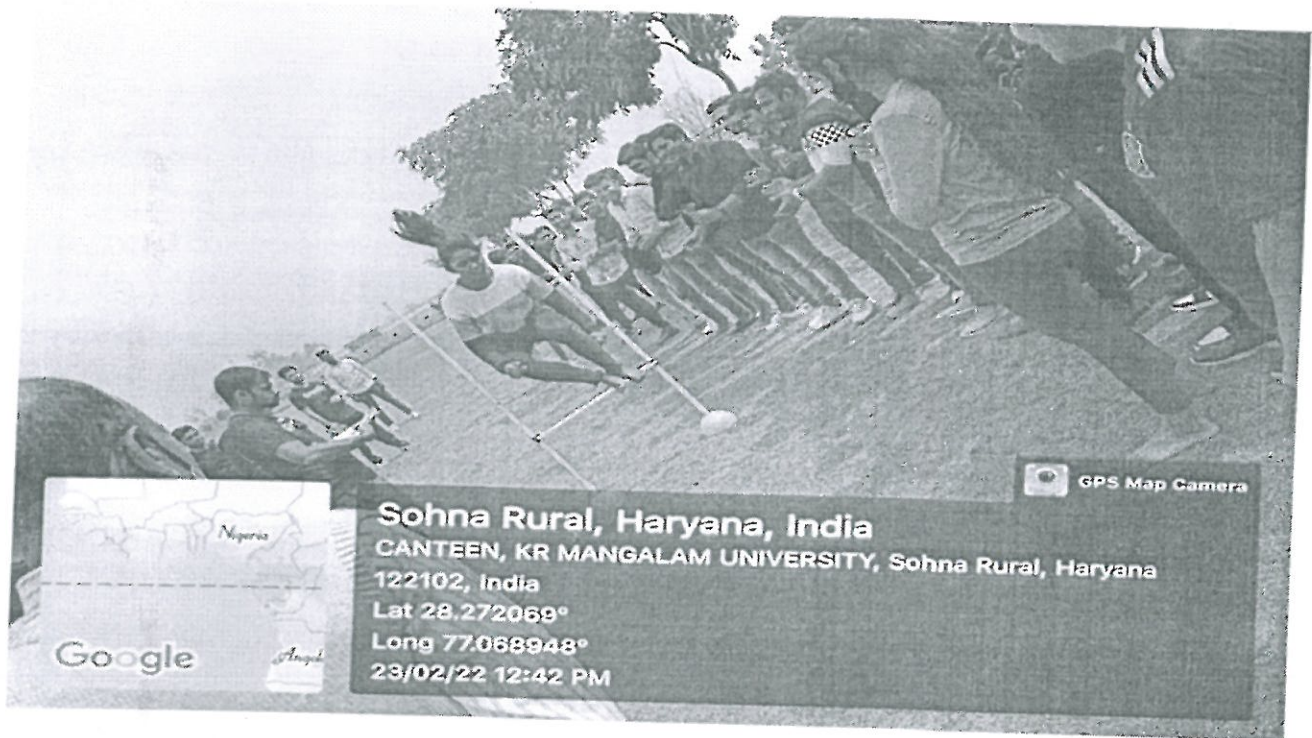
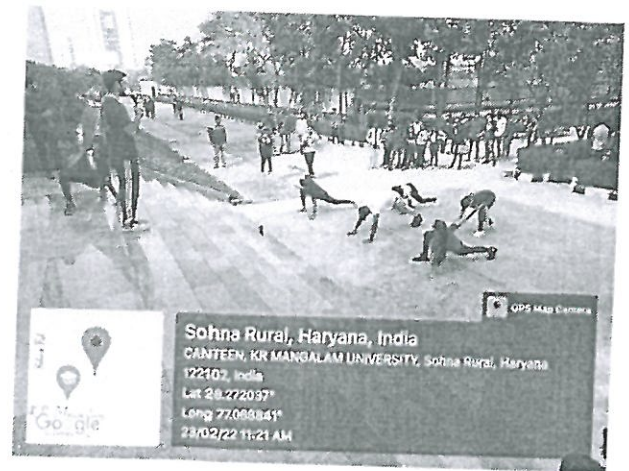
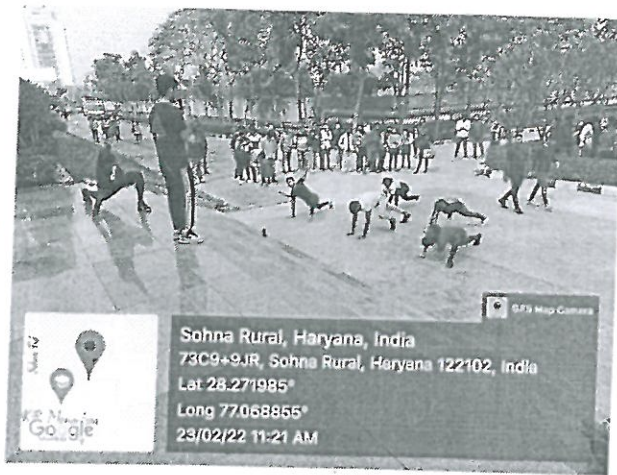
Prof. Arun Garg (Dean - School of Medical and Allied Sciences) explained that under the chairmanship of coach Aditya and coach Rishi, Fit-360X will engage in recreational phases like side-to-side-runs, sand-bag-runs and high-jumps. In the women category, Geetanjali (K.R. Mangalam University) was awarded first, Devika Thakran (K.R. Mangalam University) second and Simarpreet Kaur (Chandigarh University) was awarded third prize. Whereas in the male category, first prize was awarded to Aman (K.R. Mangalam University), second prize was awarded to Aditya Kaushik (SGT University) and third prize was awarded to Aamir Khan (K.R. Mangalam University). Senior teachers and staff also participated enthusiastically in this entertaining function and committed to regular exercise by taking inspiration from physical development of exercise as well as usefulness in mental development like stress relief, concentration, and efficiency.

Some glimpses of FITNESS PRO CHALLENGE organised by SMAS, in collaboration with 'Fit 360 X'. Students from different universities participated in the challenges and the audience members were inspired to work towards their fitness.

#### Glimpses of Event:



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Sohna Road, Gurugram, (Haryana)



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# K.R. MANGALAM UNIVERSITY

## THE COMPLETE WORLD OF EDUCATION

### Report on School of Management and Commerce (SOMC)

#### Intra-University Table Tennis Competition

**Target Group:** Students

**Resource Person/Judge:** Mr. Anurag Singh

**Coordinators:** Dr. Sahiba Sharma and Dr. Neha (Assistant Professor, SOMC)

**Date and Time:** Wednesday, 11<sup>th</sup> May 2022, 10:30 am

**Venue:** Sports room, C Block

#### Introduction

School of Management and Commerce (SOMC) organised Intra-University Table Tennis Competition on 11th May 2022, Wednesday at sports Room, C Block (Picture 3)

#### Objectives

To develop holistic growth of the student

#### Content

A total of sixteen student's registrations were received. On the spot registration was opened in which thirteen boys and four girls participated. Single matches of boys and girls were conducted. Matches were judged by Mr. Anurag Singh (Sports Incharge) (Picture 2a,2b). The students enthusiastically participated in the competition. Prizes were distributed by Mr Rajat Gera (Dean, SOMC) to winners (Picture 4). The event was successfully organised by Dr. Sahiba and Dr. Neha. Student's coordinators and all participants were given certificates.

#### Attendees

Students of K.R. Mangalam University

#### Outcome

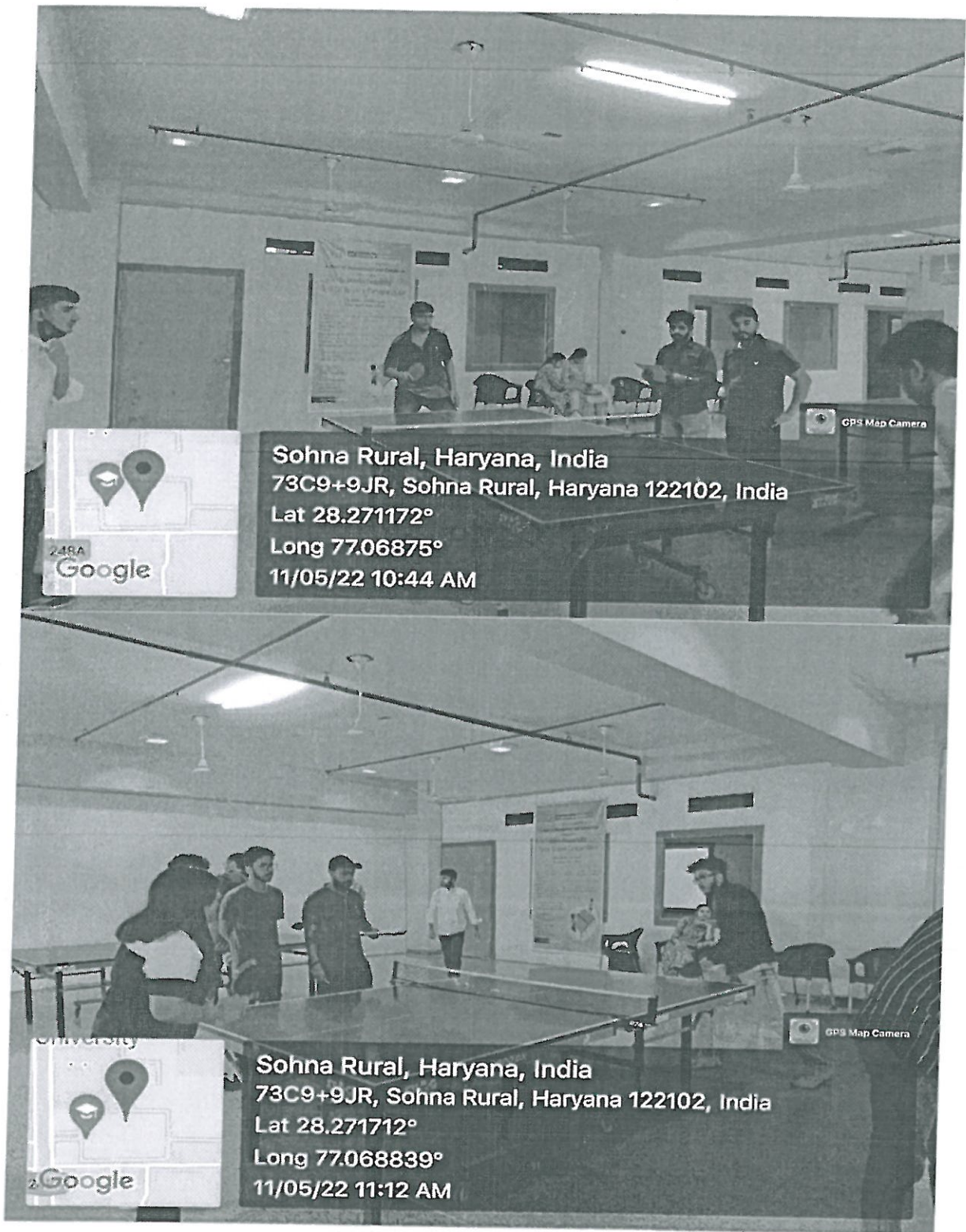
The students (Both boys and girls) were rewarded with the cash prize and certificates (Picture 1). Students also suggested some of the other games to organize in the department that will be taken in consideration.

#### Conclusion

Table tennis has physical and mental benefits to student players. The game helps student mind to focus and make quick decisions based on their opponent's actions. Table tennis also helped them in relaxing and keeping their body in shape as a cardiovascular exercise.

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Picture 2 (a): Participants match being judged by Mr. Anurag Singh

  
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Picture 4: Prize distribution Ceremony

Dr. Rajat Gera  
(Dean)

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K.R. Manglam University  
Sohna Road, Gurugram, (Haryana)

(Dr. Sahiba)  
(Dr. Neha)



# K.R. MANGALAM UNIVERSITY

## THE COMPLETE WORLD OF EDUCATION

### REPORT ON THE INTER-UNIVERSITY SUDOKU COMPETITION

**Event Name:** Inter-University Sudoku Competition

**Organized by:** Dr. APJ Abdul Kalam Science Club

**Target Group:** UG and PG students of NCR universities

**Date:** 23<sup>rd</sup> February, 2022

**Venue:** K.R. Mangalam University

**Judges:** Dr. Ruby Jindal, Assistant Professor, SBAS, KRMU

**Introduction:** The Science Club was started by School of Basic and Applied Sciences with an aim intended to invite many eminent scientists/ academicians who would share their experience with the students and motivate them to get scientific knowledge. Science Club is one of the better platforms for the students across different discipline to realize their scientific skills, knowledge and fulfill their quest in doing science activities for which they do not get opportunities within the curriculum framework. Activities are designed primarily to introduce students to undertake interesting/exciting science and technology projects.

In the academic session of 2021-22, Dr. APJ Abdul Kalam Science Club has organized various events under different themes. As a part of science society events, "Sudoku competition" was organized on 23<sup>rd</sup> February 2022 to enhance the concentration, develop problem solving skills and promote a healthy mindset in students.

The Sudoku is a puzzle game for students where students need to fill in a  $9 \times 9$  grid with digits so that each column, row, and  $3 \times 3$  section contain the numbers between 1 to 9 but any row, column or  $3 \times 3$  grid should not have more than one of the same number. It doesn't require any calculation or special math skills. The game was first invented by Howard Garns, a puzzle inventor from Indiana in 1979 and called in number place. In 2004, Sudoku made its first appearance in U. S. and London newspaper.

*Neeraj*  
*gaur*

*Jindal*  
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win. they can still show what they gained from the experience, and talk about this in job applications and interviews.



Dean. SBAS distributed the prize to the winners



Students ready for final photograph

*Jan*  
*Neeraj*

*[Signature]*  
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