

2022-23



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

REPORT

SPORTS SOCIETY

Event Name: ZEST

Target Group: UG/PG students

Date: 11th -12th March, 2022

Venue: Sports Room- C Block, Football Ground, Cricket Ground, Basketball Court, Badminton Court.

Organisers:

Ms. Ashwani Kumar, Assistant Professor, CSE, SOET, K R Mangalam University

Ms. Manju Kundu, Assistant Professor, SOHS, K R Mangalam University

Ms. Sunil Chahhar, Assistant Professor, SMAS, K R Mangalam University

Mr. Anurag, Sports In-Charge, K R Mangalam University

Introduction: The Sports Society at KRMU was formed in 2013. KRMU provides state of the art facilities with many play grounds, indoor courts as well as a sporting activities that help students stay as fit as a fiddle and to develop a spirit of sportsmanship.

At KRMU, every year we organize an Inter-University sports event "ZEST". Every year we have witnessed more than 500 participants across 15 different Universities/Colleges participating in the event. Following games were organized during the Zest this year (11th - 12th March, 2022); Cricket, Football, Basketball, Tables Tennis Singles, Tables Tennis Doubles, Badminton singles (M &W), Badminton Doubles (M &W), Athletics (M) – 100M, 200M, Athletics (W) – 100M, 200M and Chess.

Objectives: The University Sports Society aims to increase awareness among students regarding significant benefits of physical activities and the practice of sports. The objectives include development of:

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- Physical fitness and skills
- Mental alertness
- Ethical qualities
- Constructive social abilities
- Emotional maturity
- Promotion of linkage between sports, clubs and universities.
- Engage in competitive activities, while promoting sound health, safety, and physical fitness.

Content of the Event:

Following games were organized during the Zest this year (11th -12th March, 2022):-

- Cricket
- Football
- Basketball
- Tables Tennis Singles
- Tables Tennis Doubles
- Badminton singles (M &W)
- Badminton Doubles (M &W)
- Athletics (M) – 100M, 200M
- Athletics (W) – 100M, 200M and Chess.

Result/ Activity Outcome: Around 210 participants from 13 Universities/Institutes (Listed Below) took part in the event.

S.No	Participating Universities/Institutes
1.	G. D. Goenka University
2.	S. G. T University
3.	Shri Vishwakarma Skill University
4.	The NorthCap University
5.	J. K. Business School
6.	R.P.S College Of Engineering
7.	MDU-CPAS
8.	Indira Gandhi National open University
9.	IGIPSS (Delhi University)
10.	K. R. Mangalam University
11.	DPGITM
12.	Gurugram University



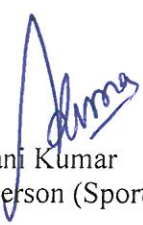

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Results of the event:-

Name of Event	Winner University	Runner Up University
Cricket	K. R. Mangalam University	K. R. Mangalam University
Football	G. D. Goenka University	K. R. Mangalam University
Table Tennis (M)	K. R. Mangalam University	K. R. Mangalam University
Table Tennis (W)	J.K Business School	K. R. Mangalam University
Chess	G. D. Goenka University	K. R. Mangalam University
Basketball	R.P.S Institute of technology	K. R. Mangalam University
Volleyball	North Cap University	K. R. Mangalam University
100 M (M)	G. D. Goenka University	Gurugram University
200 M (M)	Gurugram University	K. R. Mangalam University
100 M (W)	K. R. Mangalam University	K. R. Mangalam University
200 M (W)	K. R. Mangalam University	K. R. Mangalam University
Pool	K. R. Mangalam University	K. R. Mangalam University

Conclusion: The event was successfully conducted by fulfilling its aim of imparting Physical fitness and skills, mental alertness, Ethical qualities and Constructive social abilities.

Future Scope: The sports market is vast, and opportunities are unlimited. The various fields include professional player, sports engineering, sports science, sports marketing, sports coaches, sports sponsorship, sports tourism, sports broadcasting, fan development, event and venue management, sports psychology, sports PR. The individual should focus on its strengths and combine it with passion. If an individual is good in engineering and holds an interest in sports, it must look out for sports engineering field.

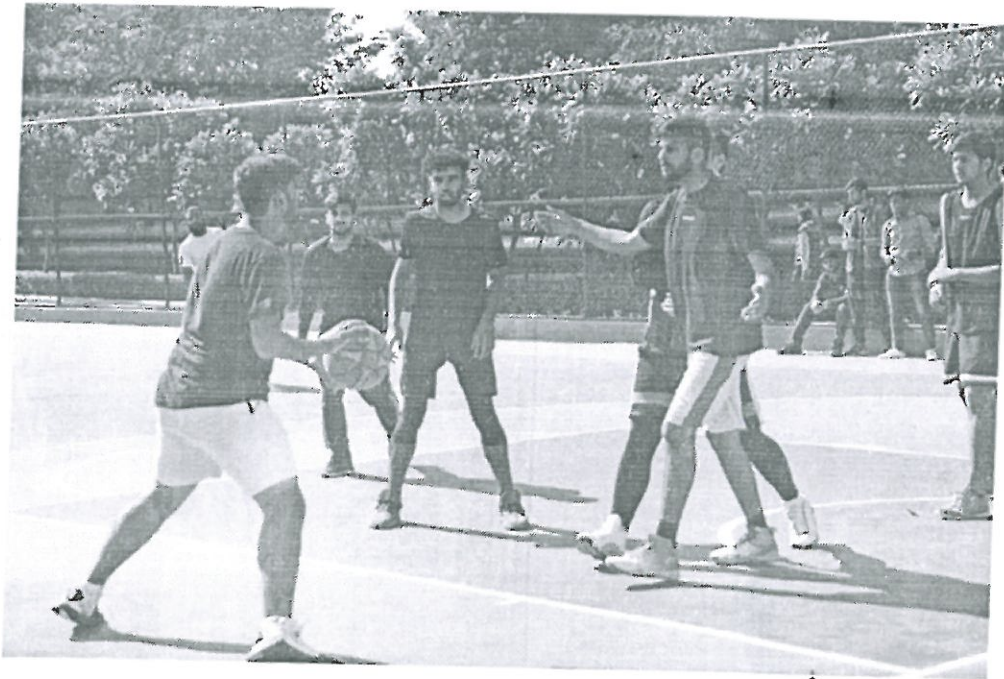

Ashwani Kumar
Chairperson (Sports Committee)


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Photo 1: Game of chess in progress



Photo 2: Game of basketball in progress



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Photo 3: Player is trying to stop the basket shot

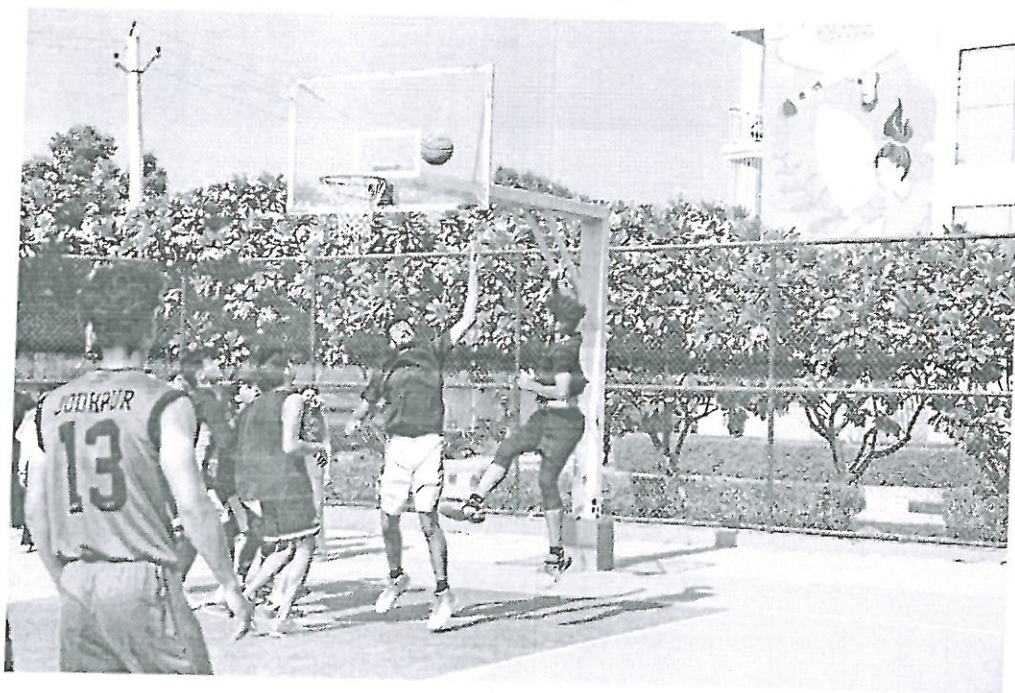


Photo 4: Batsman running to a single



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Photo 5: Game of badminton in progress

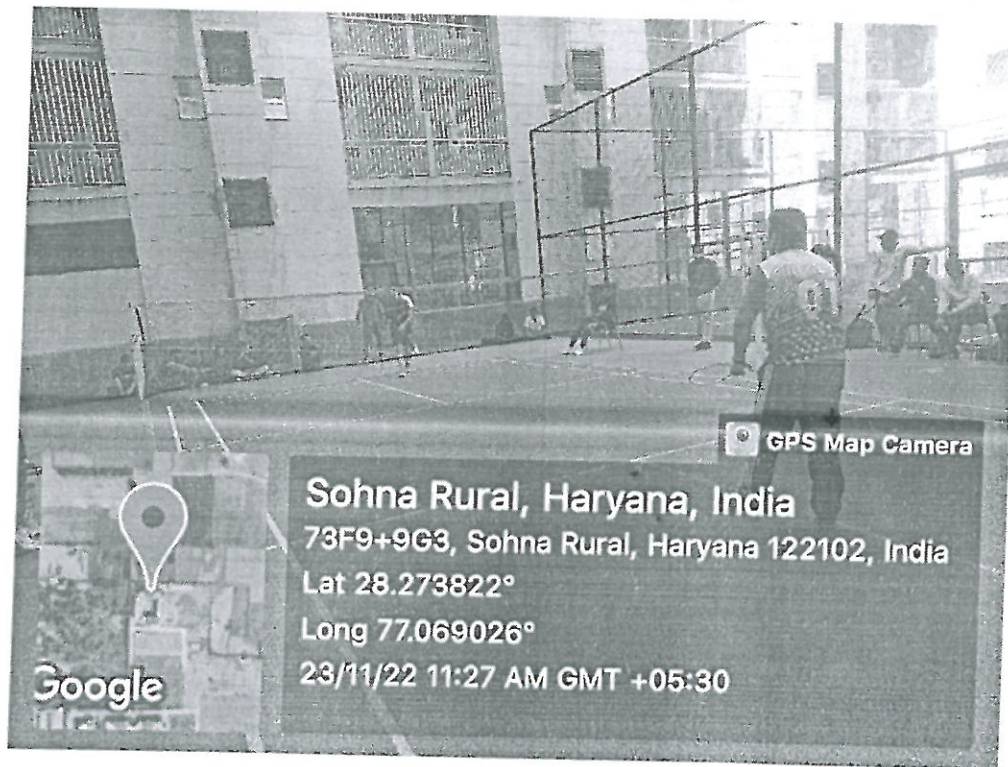


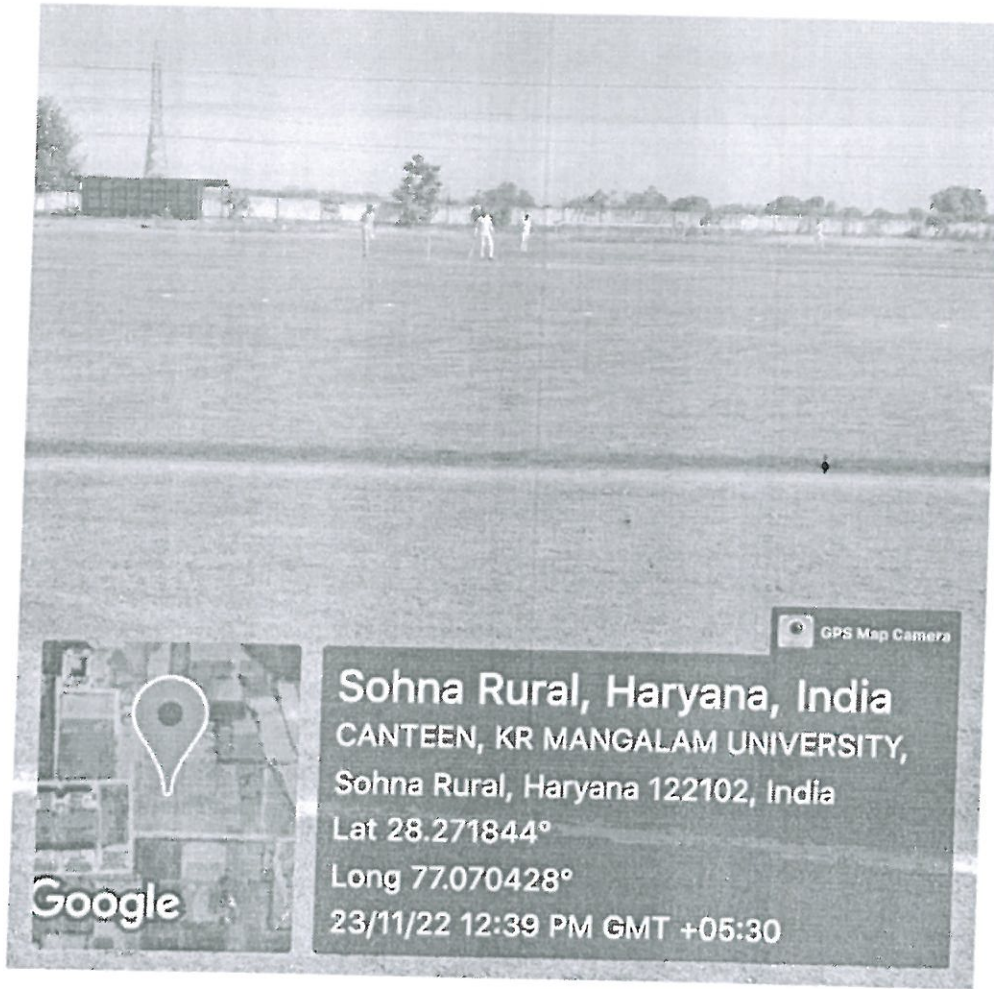
Photo 6: Players before the start of the final match



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K.R. Mangalagiri
Sohna Road, Gurgaon

Photo 7: Bowler is about to bowl



Certificates: Attached (Annexure II)

Report prepared by	Mr. Jagjeet Singh
Report verified by Event Coordinator	Mr. Ashwani Kumar
Report Seen by Club Coordinator / IQAC Coordinator	


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K.R. MANGALAM UNIVERSITY
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Report on
Inter University Sports Events (Athletics, Football, Table Tennis and Volleyball)

Date: 2nd -3rd, March 2023.

Venue: Football Ground, Volleyball Court, Sports Room (C-Block), K. R. Mangalam University

Event Type: Inter-University

Mode of Activity: Offline

Target Group: Undergraduate and Postgraduate Students

Resource Person (if any): N/A

Faculty Coordinators: Mr. Sunil Kumar, Mr. Ashwani Kumar

Organized by: Sports Committee

Number of Participants (Attach Attendance as Annexure I): 327

The Sports Committee at K. R. Mangalam University was formed in 2013. KRMU provides state of the art facilities with many play grounds, indoor courts as well as a sporting activities that help students stay as fit as a fiddle and to develop a spirit of sportsmanship. At KRMU, every year we organize Inter-University sports events where more than 500 participants across 15 different Universities/Colleges take part in the event. Following sports events were organized this year on 02nd – 03rd March, 2023:

- 100 M (M & W)
- 400 M (M & W)
- Long Jump (M & W)
- Discuss Throw (M & W)
- Shotput (M & W))
- Football
- Volleyball
- Table Tennis (M & W)

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Objectives of the event: The University Sports Society aims to increase awareness among

students regarding significant benefits of physical activities and the practice of sports. The objectives include development of:

- Physical fitness and skills
- Mental alertness
- Ethical qualities
- Constructive social abilities
- Emotional maturity
- Promotion of linkage between sports, clubs and universities.
- Engage in competitive activities, while promoting sound health, safety, and physical fitness.

Content of the event: The sports event, held from 02nd March – 03rd March, 2023, marked a day of sportsmanship, camaraderie, and outstanding athletic achievements. The event took place at Football ground and brought together students from various Universities/Institutes.

More than 300 students from Universities namely Amity University (Gurugram), G. D. Goenka University, S.G.T University, The NorthCap University, J. K. Business School, Jaipuria Institute Of Management, IGIPSS, APEEJAY University, S. G. T University, Gurugram University, NBJSN, DSD and Rawal Institute took part in the event.

Result/Outcome of the event: Result of the event are as follows:

Event	Winner	Runner – Up
100M – Men	Mohammad Bilal University: NBJSN	Dheeraj University: NBJSN
100M – Women	Geetanjali University: K. R. Mangalam University	Sanskriti University: K. R. Mangalam University
400M – Men	Satender University: NBJSN	Jatin University: Rawal Institute
400M – Women	Niksha	Nalla



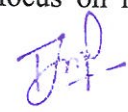

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	University: K. R. Mangalam University	University: K. R. Mangalam University
Long Jump - Men	Dheeraj University: NBJSN	Anirudh University: Gurugram University
Long Jump - Women	Geetanjali University: K. R. Mangalam University	Sanskriti University: K. R. Mangalam University
Discus Throw - Men	Aryan University: DSD	Sunil University: DSD
Discus Throw - Women	Geetanjali University: K. R. Mangalam University	Aditi University: K. R. Mangalam University
Shot Put - Men	Sunil University: DSD	Dheeraj University: NBJSN
Shot Put - Women	Geetanjali University: K. R. Mangalam University	Devika University: K. R. Mangalam University
Football	G. D. Goenka University	K. R. Mangalam University
Volleyball	The NorthCap University	K. R. Mangalam University
Table Tennis (Men)	K. R. Mangalam University	Jaipuria Institute of Technology
Table Tennis (Women)	K. R. Mangalam University	K. R. Mangalam University

Conclusion: The event was successfully conducted by fulfilling its aim of imparting Physical fitness and skills, mental alertness, Ethical qualities and Constructive social abilities.

Further Scope: The sports market is vast, and opportunities are unlimited. The various fields include professional player, sports engineering, sports science, sports marketing, sports coaches, sports sponsorship, sports tourism, sports broadcasting, fan development, event and venue management, sports psychology, sports PR. The individual should focus on its strengths and



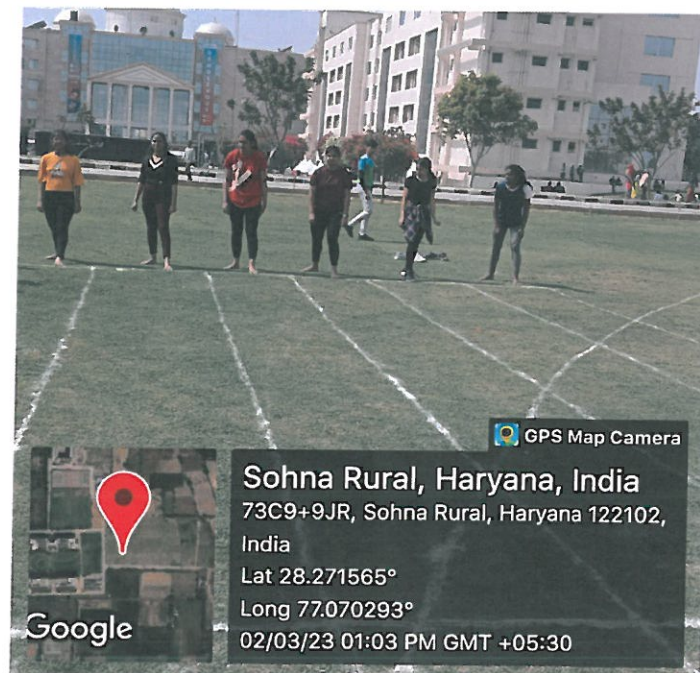

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combine it with passion. If an individual is good in engineering and holds an interest in sports, he must look out for sports engineering field.

Photo 1: Students taking stance for 100 M race



Photo 2: Students taking stance for 400 M race



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Photo 3: Student taking stance for shotput



Photo 4: Student taking stance for Discuss Throw



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Photo 5: Student taking stance for Discuss Throw



Photo 6: Table Tennis (M) match in progress



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Photo 7: Table Tennis (W) match in progress



Photo 8: Teams grouping before the start of the final match



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Photo 9: Teams grouping before the start of the final match

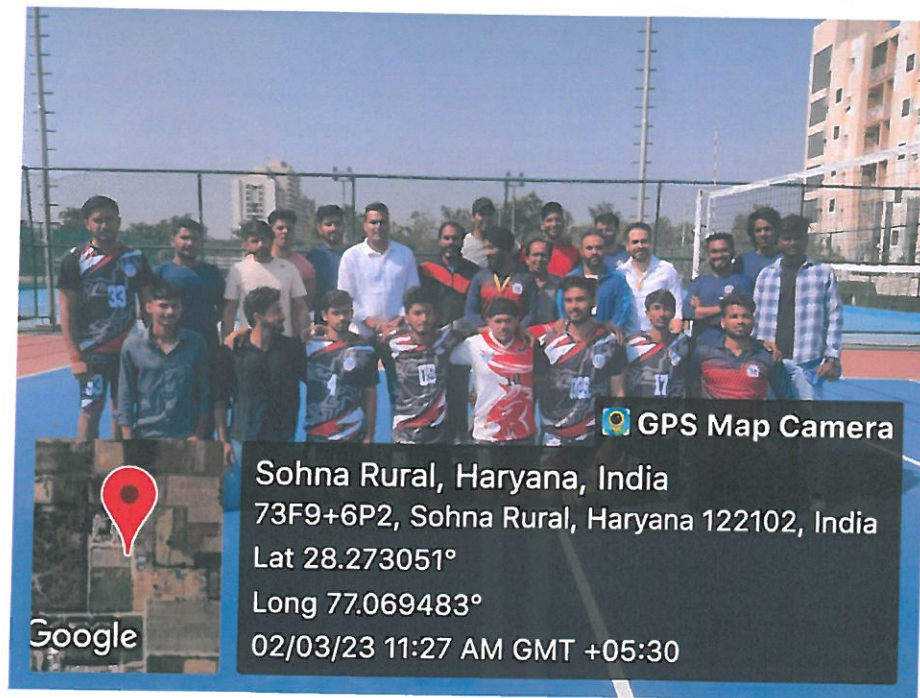
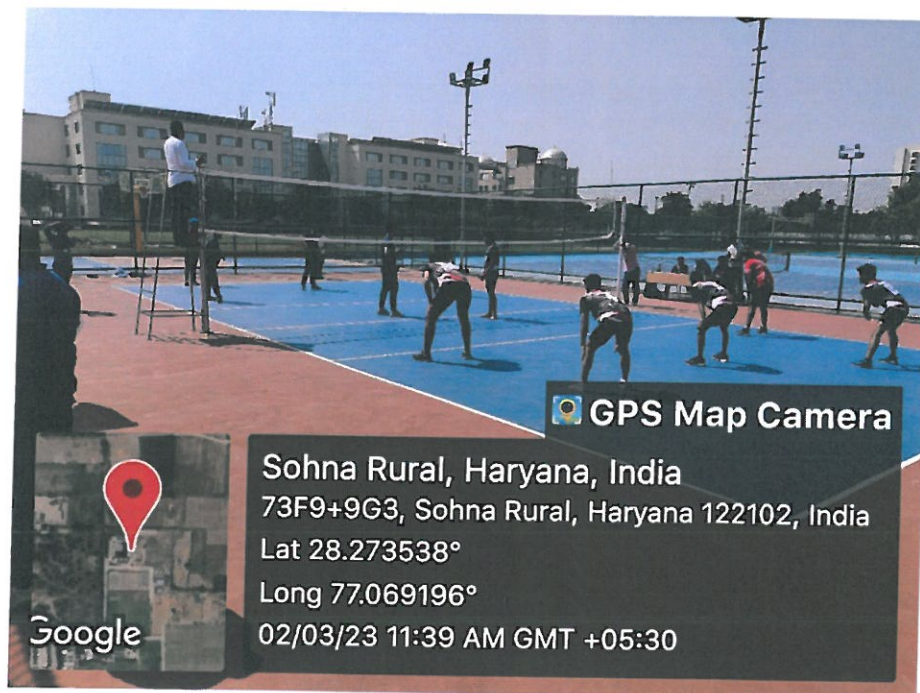


Photo 10: Volleyball match in progress



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Photo 11: Student waiting for referee's decision

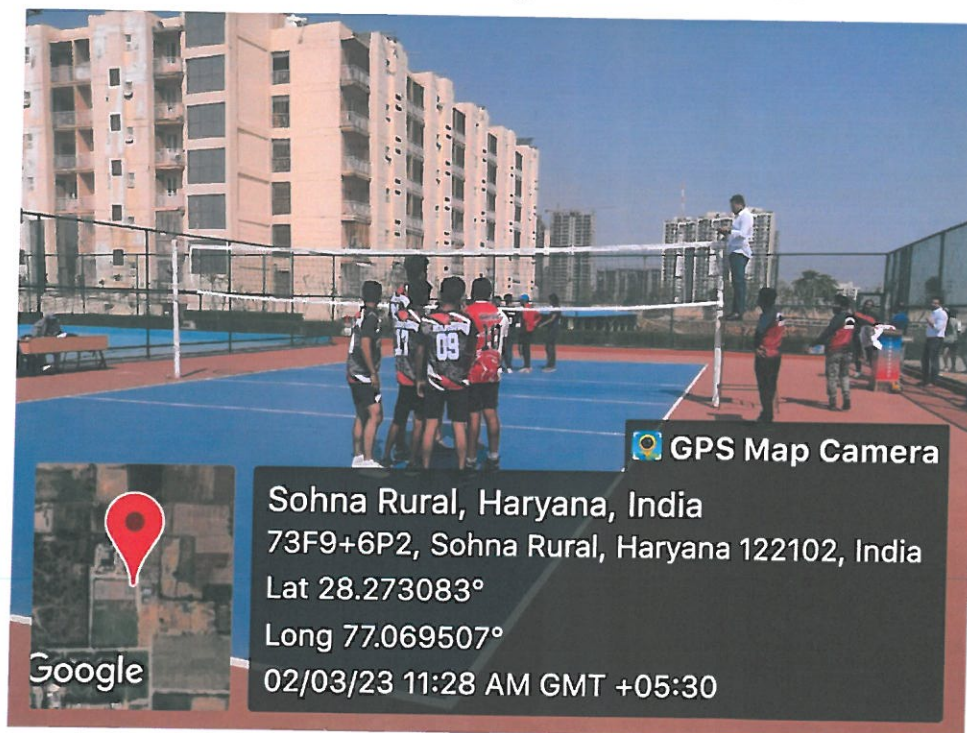


Photo 12: Teams grouping before the start of the final match



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Photo 13: Football match in progress

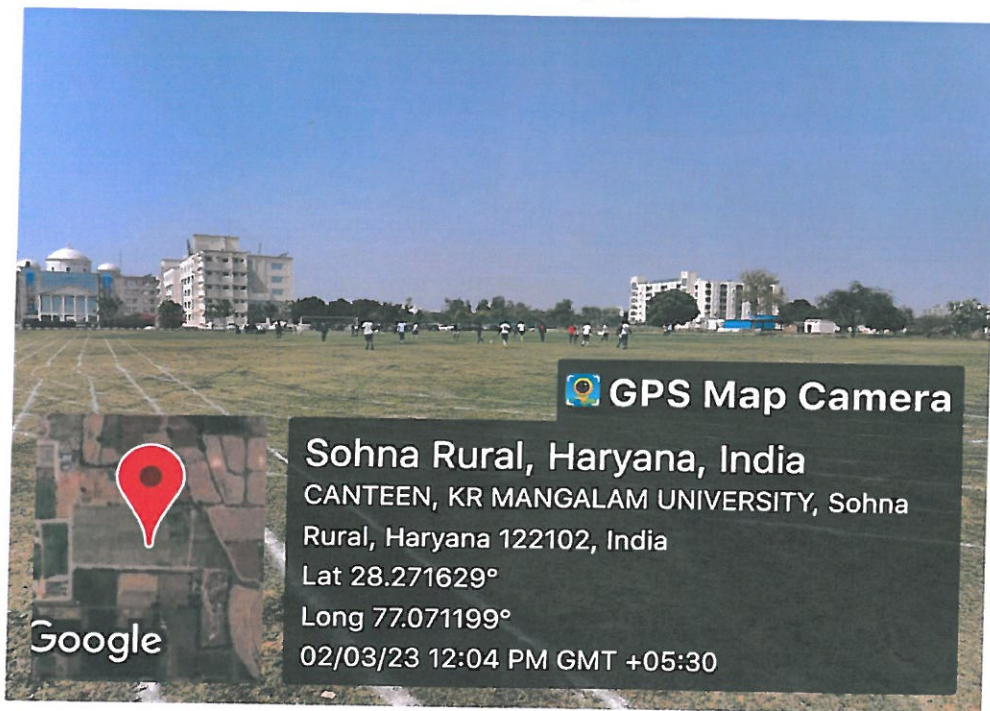
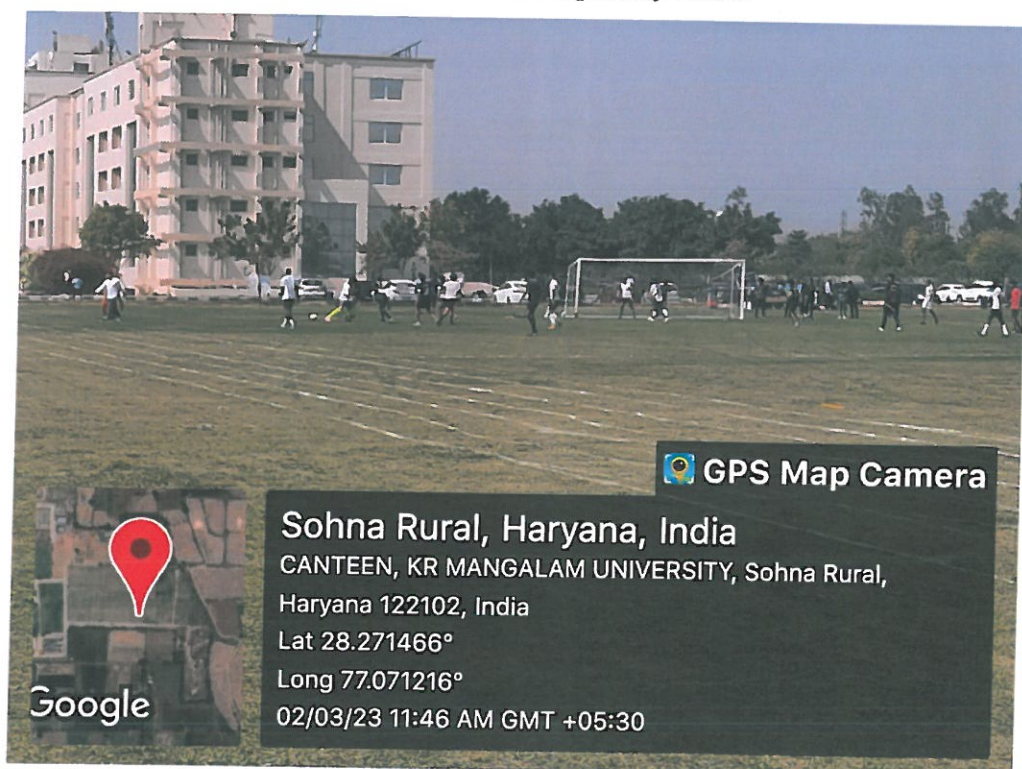


Photo 14: Student about to hit a penalty corner


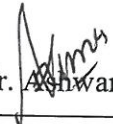


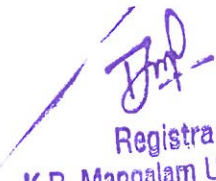
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Certificates: Attached (Annexure II)

Report prepared by	 Mr. Jagjeet Singh
Report verified by Event Coordinator	 Mr. Ashwani Kumar
Report Seen by Club Coordinator / IQAC Coordinator	


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Sohna Road, Gurugram, (Haryana)



K.R. MANGALAM UNIVERSITY

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Report on

Inter University Sports Events (Badminton, Cricket, Chess and Basketball)

Date: 23rd -25th, November 2022.

Venue: Basketball Court, Cricket Ground, Badminton Court, Sports Room (C-Block), K. R. Mangalam University

Event Type: Inter-University

Mode of Activity: Offline

Target Group: Undergraduate and Postgraduate Students

Resource Person (if any): N/A

Faculty Coordinators: Mr. Jagjeet Singh, Mr. Ashwani Kumar

Organized by: Sports Committee

Number of Participants (Attach Attendance as Annexure I): 237

The Sports Committee at K. R. Mangalam University was formed in 2013. KRMU provides state of the art facilities with many play grounds, indoor courts as well as a sporting activities that help students stay as fit as a fiddle and to develop a spirit of sportsmanship. At KRMU, every year we organize Inter-University sports events where participants from more than 15 different Universities/Colleges take part in the event. Following sports events were organized this year on 02nd – 03rd March, 2023:

- Badminton (M & W)
- Cricket
- Chess
- Basketball

Objectives of the event: The University Sports Society aims to increase awareness among students regarding significant benefits of physical activities and the practice of sports. The objectives include development of:

- Physical fitness and skills
- Mental alertness

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- Ethical qualities
- Constructive social abilities
- Emotional maturity
- Promotion of linkage between sports, clubs and universities.
- Engage in competitive activities, while promoting sound health, safety, and physical fitness.

Content of the event: The sports event, held from 23rd – 25th November, 2022, marked a day of sportsmanship, camaraderie, and outstanding athletic achievements. The event took place at Cricket Ground, Badminton court, Basketball court, Sports Room and brought together students from various Universities/Institutes.

More than 300 students from Universities namely Amity University (Gurugram), G. D. Goenka University, S.G.T University, The NorthCap University, J. K. Business School, DPG Gurugram, IGIPESS, APEEJAY University, S. G. T University, Gurugram University, Mewat Engineering College, G.B Pant GGSIPU, Dronacharya Government College and Rawal Institute took part in the event.

Result/Outcome of the event: Result of the event are as follows:

Event	Winner	Runner – Up
Badminton – Men	Deepak University: DPG Gurugram	Agrim University: DPG Gurugram
Badminton – Women	Ritika University: DPG Gurugram	Shanika Rana University: APEEJAY University
Cricket	University: S. G. T University	University: K. R. Mangalam University
Basketball	University: GGSIPU	University: K. R. Mangalam University
Chess	Kanu University: S. G. T University	Vansh University: K. R. Mangalam University

Nema

Dr. J. K.
Registrar
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Conclusion: The event was successfully conducted by fulfilling its aim of imparting Physical fitness and skills, mental alertness, Ethical qualities and Constructive social abilities.

Further Scope: The sports market is vast, and opportunities are unlimited. The various fields include professional player, sports engineering, sports science, sports marketing, sports coaches, sports sponsorship, sports tourism, sports broadcasting, fan development, event and venue management, sports psychology, sports PR. The individual should focus on its strengths and combine it with passion. If an individual is good in engineering and holds an interest in sports, he must look out for sports engineering field.

Photo 1: Game of chess in progress



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Photo 2: Student about to shoot for the basket



Photo 3: Student defending a basket shoot



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Photo 4: Batsman running for a single



Photo 5: Game of cricket in progress



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Photo 6: Game of badminton in progress



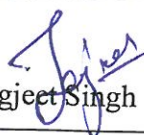
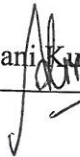
Photo 7: Teams grouping before the start of the final match



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Certificates: Attached (Annexure II)

Report prepared by	 Mr. Jagjeet Singh
Report verified by Event Coordinator	 Mr. Ashwani Kumar
Report Seen by Club Coordinator / IQAC Coordinator	



K.R. MANGALAM UNIVERSITY
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Report
Quiz Competition
On
“Sports Stars from Haryana”
COMMEMORATING
MAJOR DHYAN CHAND'S BIRTH ANNIVERSARY
(2022-23)

SCHOOL OF EDUCATION
K.R. MANGALAM UNIVERSITY
SOHNA ROAD, GURUGRAM

29/08/22
29/08/22

G. D.
29/08/22

Tania Gupta
29/08/22
(Dean SOED)
[Signature]

Registrar

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

Target Group: The students across universities/colleges/institutions.

Faculty Coordinators: Dr Anshul Saluja, Assistant Professor, School of Education

Ms Vidhi Gaur, Assistant Professor, School of Education.

Student Coordinator - Ms Amisha Anand, B.El.ED. Sem V, School of Education

Date: Monday, 29th August 2022.

Mode: Virtual/ Online

Introduction

To commemorate *Major Dhyani Chand's Birth Anniversary*, the School of Education organized an online event - "Quiz Competition on Sports Stars from Haryana" on Monday 29th August 2022 to promote awareness in the field of Hockey. The major intent of conducting the quiz program was to create familiarity with the sports for holistic development among the students.

Objectives:

The major objectives of the quiz competition are to create awareness and assess the knowledge about the sports heritage of Haryana among the participants.

Content:

The quiz competition has been registered by **303 students** across Institutes. After the registration, the Google form was shared online with the participants. The quiz comprises 20 questions related to sports, specifically covering topics related to Hockey games with the 50 % passing criteria. The students have been given a day for quiz submission. Out of 303 registrations, **175 participants** submitted the quiz and **161 participants** received the certificates that scored 50 % and above in the quiz.

Attendees: Registrations- 300 registrations, **Quiz Submission-** 175 Participants submitted the quiz. **Certificates Issued-** 161 Participants

Event Outcome

After participating in the quiz competition, the participants will have increased knowledge of Haryana's rich sports history. This event will help to develop the soft skills such as integrity, responsibility and leadership and promote the self-efficacy (motivation and commitment) about the sports.

Conclusion

The event was successfully conducted by fulfilling its aim of enriching the students with information and knowledge of the sport – hockey. The event was successfully conducted as the students showed interest in the quiz so much that there was 175 participants' submission. In fact, virtual platform-based competition gives better experience to the participants.

Dr. Anshul Saluja
29/08/22

Dr. Vidhi Gaur
29/08/2022

Tania Gupta
29/8/22
(Dean S.E.D.)

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Further Scope

Quiz competitions are always interesting and informative, which provides excitement among the students. The main objective of this event is to make them aware of recent general knowledge related to hockey. More such commemorating events should be celebrated in the future.

This will encourage the students to excel in the field of sports and games by igniting the spirit and right attitude towards new discipline. Such quiz competitions can be conducted offline for students across Delhi/NCR Universities.


29/08

Ms. Vidhi Gaur
Assistant Professor
School Of Education
Event Coordinator


29/08/2022

Dr. Anshul Saluja
Assistant Professor
School Of Education
Event Coordinator


29/8/22

Dr. Tania Gupta
Dean
School Of Education
Convener



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



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

Inter-University Badminton Competition

Date: 23rd -25th November 2022, Wednesday-Friday.

Venue: Badminton Court, K.R. Mangalam University.

Event Type: Inter University

Mode of Activity: Physical

Target Group: Students (UG and PG)

Resource Person/Judge (if any): Mr. Jagjeet

Coordinators: Dr. Neha and Dr. Sahiba

Organized by: School of Management and Commerce

Number of Participants (Attach Attendance as Annexure): 171

Introduction:

School of Management and Commerce (SOMC) organised Inter-University Badminton Competition on 23rd -25th November 2022 at Badminton Court, K. R. Mangalam University.

Objective: The purpose of this competition is to introduce students to basic skills and knowledge associated with the game of Badminton. By applying these principles through active participation, students develop the necessary skills and knowledge to pursue the game of Badminton. Students will have the opportunity to practice positive personal and social skills through games.

Methodology: Screening of K.R. Mangalam University students was conducted on 11th, 21st and 22nd November as per Badminton rules. These shortlisted candidates then played with external participants on 23rd and 24th November, 2022. On the day of competition knock out matches and a game of 21 points were conducted.

Content: A total of 171 student's registrations were received. Single matches of boys and girls were conducted. Matches were judged by Mr. Jagjeet (Sports Incharge)). The students enthusiastically participated in the competition. The event was successfully organised by Dr. Sahiba and Dr. Neha. Student's coordinators (Mayank and Bhavesh), volunteers (Saksham, Divya and Jyoti) and all participants were given certificates. The winners (Both boys and girls) were rewarded with the cash prize, medals and certificates (Picture).

1 st position	2 nd Position	3 rd Position
(Boys) Deepak, DGC Gurugram , (Girls) Ritika, DGC Gurugram	(Boys) Agrin, DPG Degree College , (Girls) Shanika Rana, Appejay Satya University	(Boys) Wasim Mewat Engineering College, (Girls) Depanshi, KRMU

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23/11/22

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24/11/22

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24/11/22

Outcome: Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition and stress management.

- ✓ Assess current personal fitness levels.
- ✓ Identify the major muscle groups and their application to Badminton.
- ✓ Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.

Conclusion: Badminton 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. Badminton also helped them in relaxing and keeping their body in shape as a cardiovascular exercise.

Further Scope: The event will help students to be more enthusiastic, energetic and to prepare them for national and international level competitions



Photo 1: Group picture with coordinators, volunteers and participants

29.11.22

29/11/22

29/11/22
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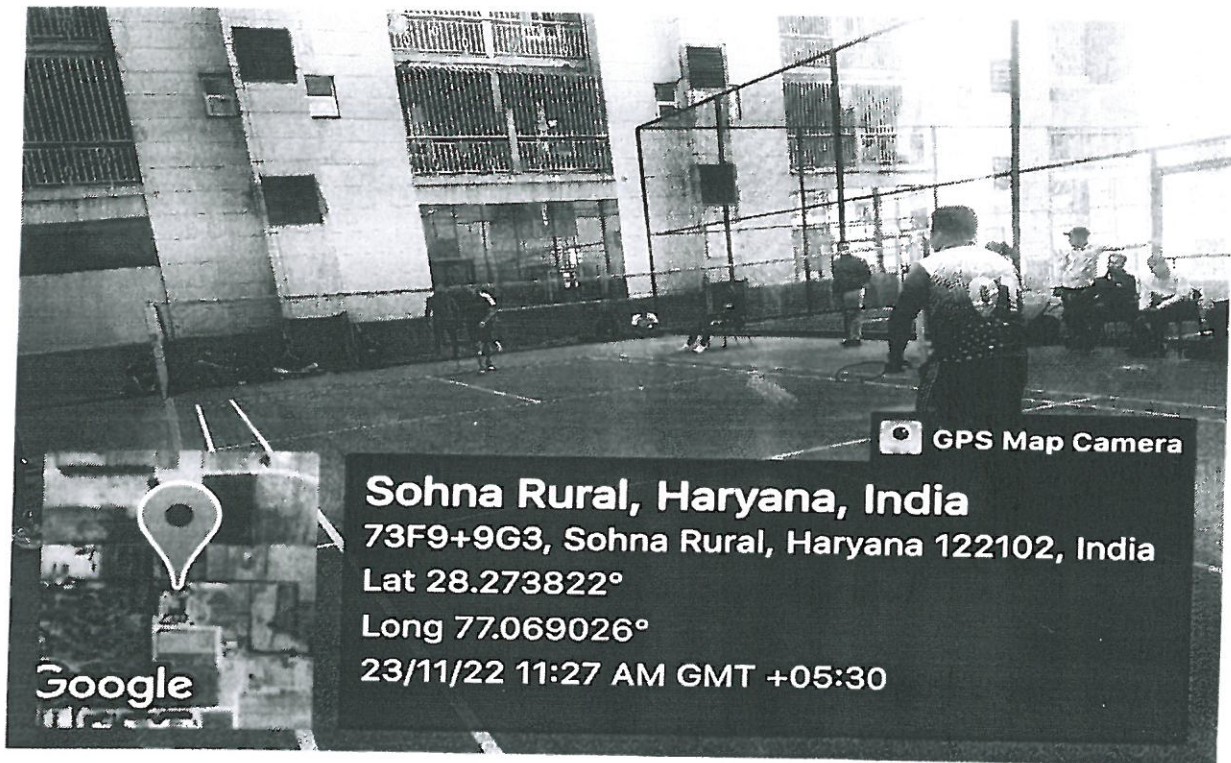


Photo 2: Boys match

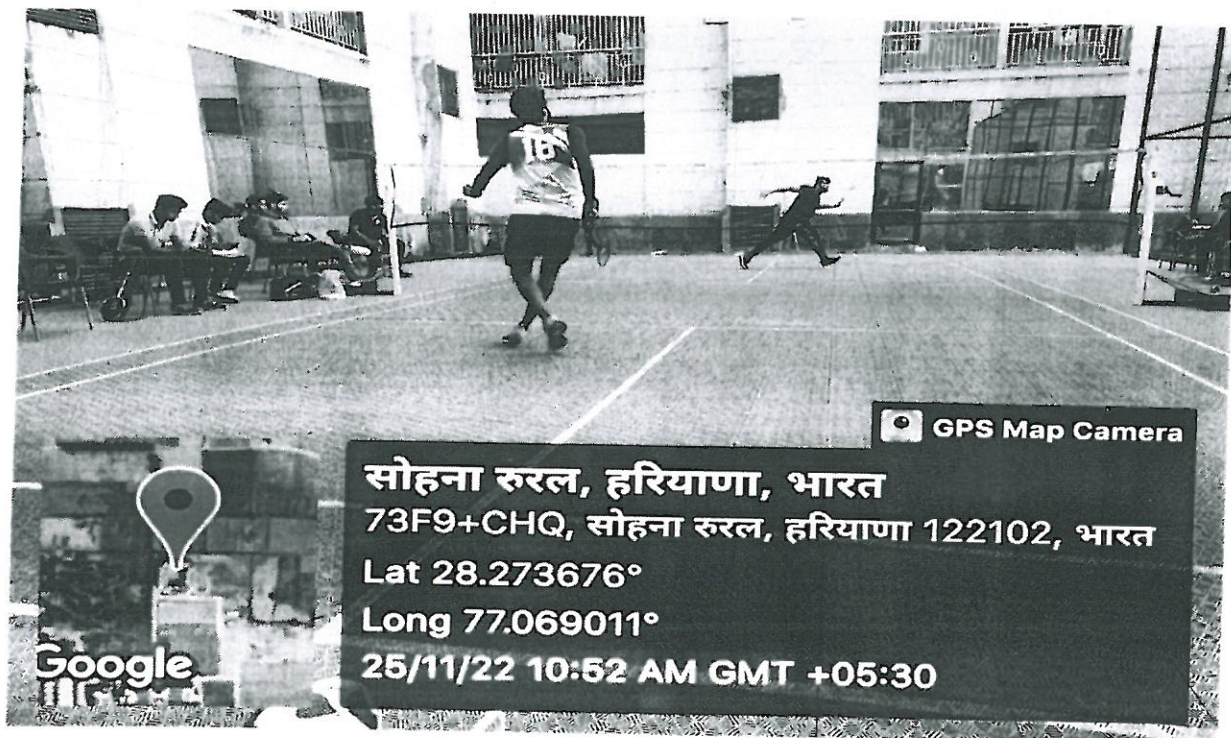


Photo 3: Boys match

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 29/11/22



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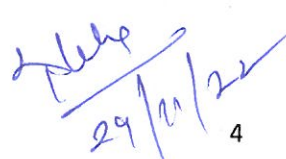


Photo 4: Boys match



Photo 5: Girls Match



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 K.R. Mangalam University,
 Sonna Road, Gurugram, (Haryana)



 29/11/22

4



Photo 6: Girls Match

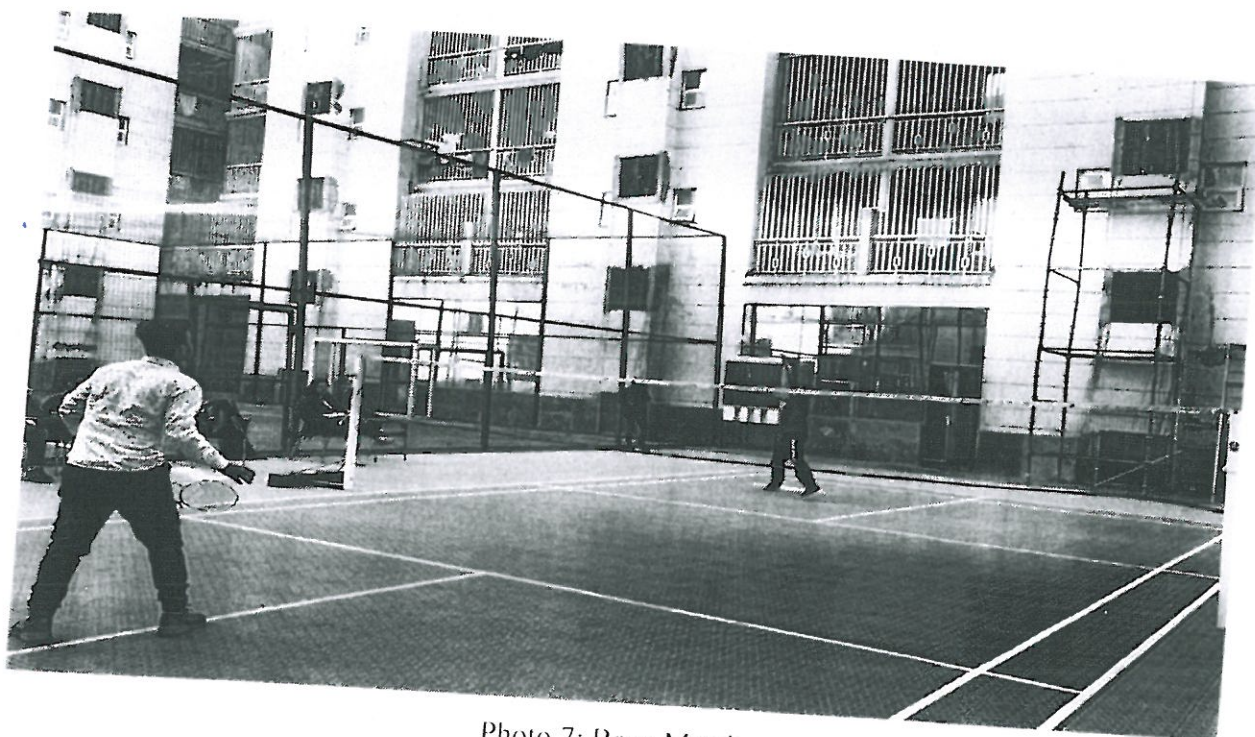


Photo 7: Boys Match

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Registrar
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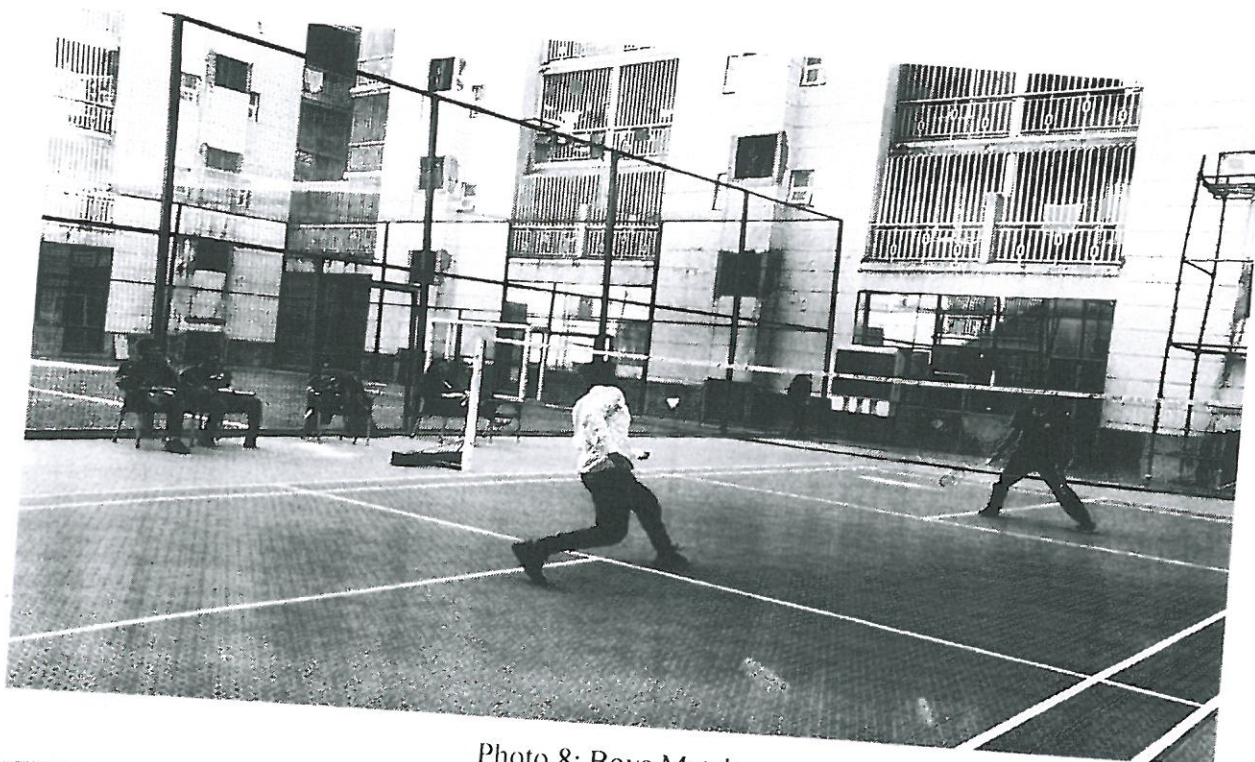


Photo 8: Boys Match



Photo 9: Boys Match

22.11.22

\$ 29/11/22

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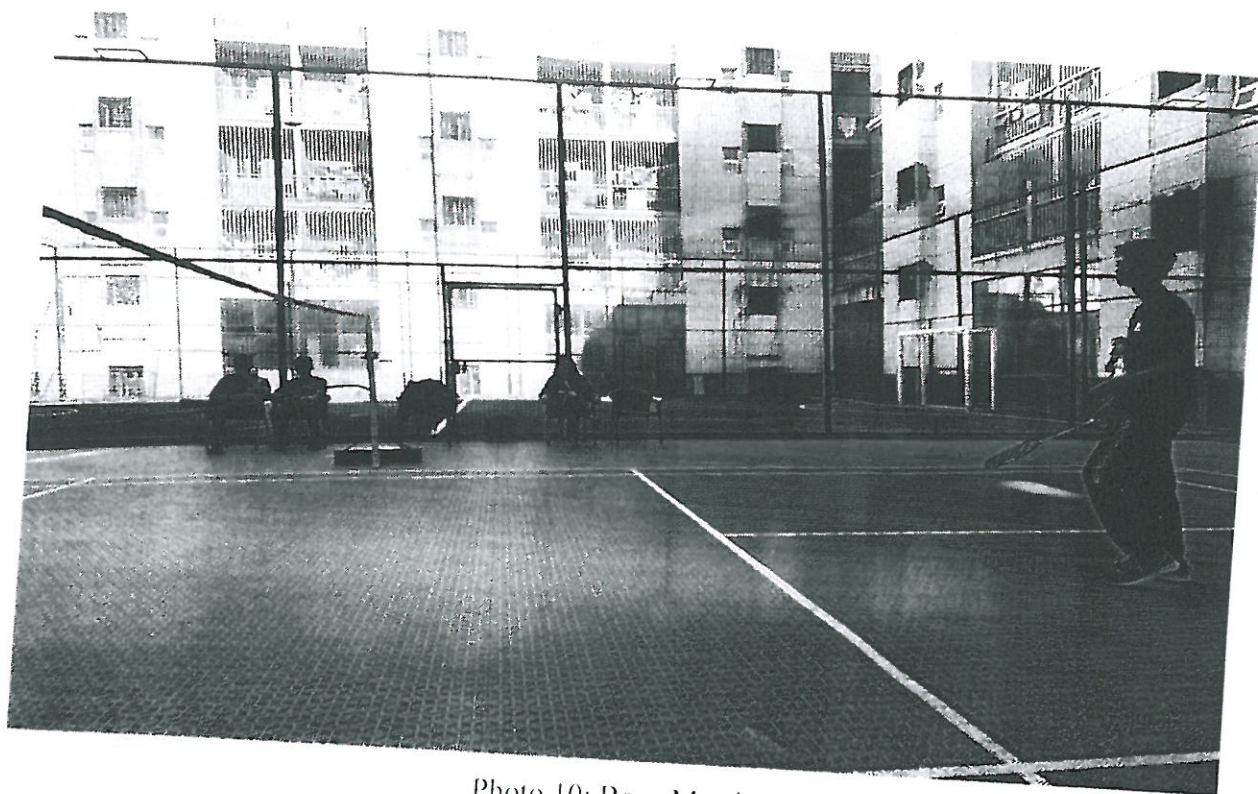


Photo 10: Boys Match

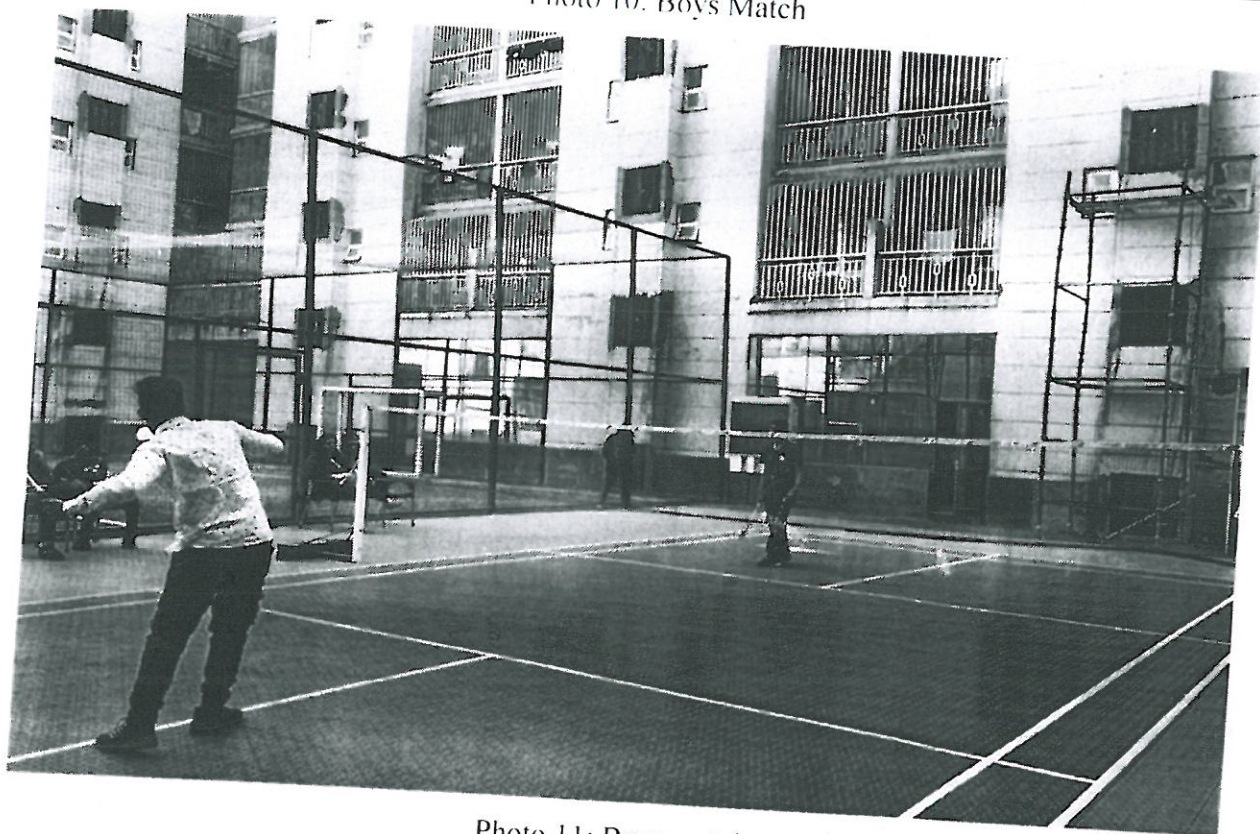



Photo 11: Boys match


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K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report

Quiz Competition

On

“Sports Stars from Haryana”

COMMEMORATING

MAJOR DHYAN CHAND'S BIRTH ANNIVERSARY

(2022-23)

SCHOOL OF EDUCATION

K.R. MANGALAM UNIVERSITY

SOHNA ROAD, GURUGRAM

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Target Group: The students across universities/colleges/institutions.

Faculty Coordinators: Dr Anshul Saluja, Assistant Professor, School of Education

Ms Vidhi Gaur, Assistant Professor, School of Education.

Student Coordinator - Ms Amisha Anand, B.El.ED. Sem V, School of Education

Date: Monday, 29th August 2022.

Mode: Virtual/ Online

Introduction

To commemorate *Major Dhyan Chand's Birth Anniversary*, the School of Education organized an online event - "Quiz Competition on Sports Stars from Haryana" on Monday 29th August 2022 to promote awareness in the field of Hockey. The major intent of conducting the quiz program was to create familiarity with the sports for holistic development among the students.

Objectives:

The major objectives of the quiz competition are to create awareness and assess the knowledge about the sports heritage of Haryana among the participants.

Content:

The quiz competition has been registered by **303 students** across Institutes. After the registration, the Google form was shared online with the participants. The quiz comprises 20 questions related to sports, specifically covering topics related to Hockey games with the 50 % passing criteria. The students have been given a day for quiz submission. Out of 303 registrations, **175 participants** submitted the quiz and **161 participants** received the certificates that scored 50 % and above in the quiz.

Attendees: Registrations- 300 registrations, **Quiz Submission-** 175 Participants submitted the quiz. **Certificates Issued-** 161 Participants

Event Outcome

After participating in the quiz competition, the participants will have increased knowledge of Haryana's rich sports history. This event will help to develop the soft skills such as integrity, responsibility and leadership and promote the self-efficacy (motivation and commitment) about the sports.

Conclusion

The event was successfully conducted by fulfilling its aim of enriching the students with information and knowledge of the sport – hockey. The event was successfully conducted as the students showed interest in the quiz so much that there was 175 participants' submission. In fact, virtual platform-based competition gives better experience to the participants.



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Further Scope

Quiz competitions are always interesting and informative, which provides excitement among the students. The main objective of this event is to make them aware of recent general knowledge related to hockey. More such commemorating events should be celebrated in the future.

This will encourage the students to excel in the field of sports and games by igniting the spirit and right attitude towards new discipline. Such quiz competitions can be conducted offline for students across Delhi/NCR Universities.

Ms. Vidhi Gaur
Assistant Professor
School Of Education
Event Coordinator

Dr. Anshul Saluja
Assistant Professor
School Of Education
Event Coordinator

Dr. Tania Gupta
Dean
School Of Education
Convener


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Sohna Road, Gurugram, (Haryana)



K.R. MANGALAM UNIVERSITY

THE COMPLETE WORLD OF EDUCATION

Report on

Inter-University Fitness Pro Challenge 2 Competition

Date: Wednesday, 23rd Nov. 2022.

Venue: Yoga Lawn

Event Type: Solo

Mode of Activity:

Target Group: Students of various universities

Resource Person (if any): NA

Coordinators: Dr. Gurpreet Singh, Dr. Ankita Samuel

Organized by: School of Medical and Allied Sciences (Physiotherapy)

Number of Participants: 28

Introduction, Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest along with formal recovery plan. School of Medical and Allied Sciences, K. R. Mangalam University, Sohna Road (Gurugram) Organized an Inter-University Fitness Pro Challenge 2 Competition for the students of various university of Delhi, NCR on 23rd of Nov. 2022. The Aim of this event was examine the fitness levels In the participants through various parameters like Strength, Endurance, Agility and Speed

Objective- The Objective of the Competition is to inculcate sportsmanship and validate fitness amongst students and to examine the fitness by testing fitness of contestants through various parameters like Speed, Strength, Endurance and Agility.

Methodology- Participants were divided into group of 5 each (Male & Females). Each participant had to finish a circuit consisting of hurdle run, Commando crawl, Balance drill and then retro- running. It was a time based event. Top 5 participants who finished the event in minimum time were later judged on the maximum no. of push-up in a minute for males and Maximum no. of sit-ups in a minute for Females. Based, on which top 2 contestants where

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announced as winners and Runner's up in each male and female category.

1 st Female	Ms Niksha Agarwal	KRMU
2 nd Female	Ms Shruti Kumari	KRMU
1 st Male	Mr. Aashish	SGT University
2 nd Male	Mr. Sangam Raghav	CPSM College of Education

Outcome,- Students learnt about the life skill aspect of fitness. Sportsmanship spirit was developed among the students such as respect of other person. Based on the result, we guided the student to join various clubs of the university to enhance their fitness level in future

Conclusion- This activity helped the participants understand the need to be physically active and to maintain their physical activity levels. Further it also helped them decide their respective clubs of the university.

Further Scope -Such activities should be done with students as well as faculty in different forms of circuit so, that they too can understand the need of Physical activity.

Pics

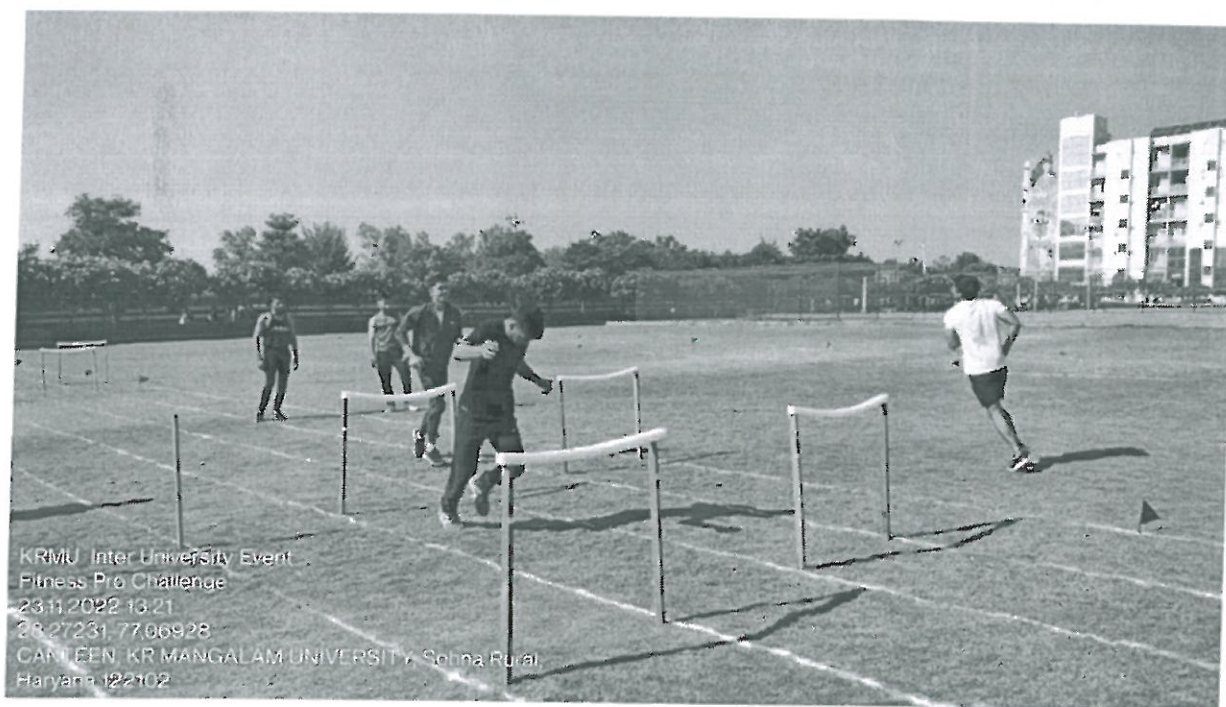


Photo 1: Hurdle run:23/11/2022

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Photo 2: Push-up (Males)

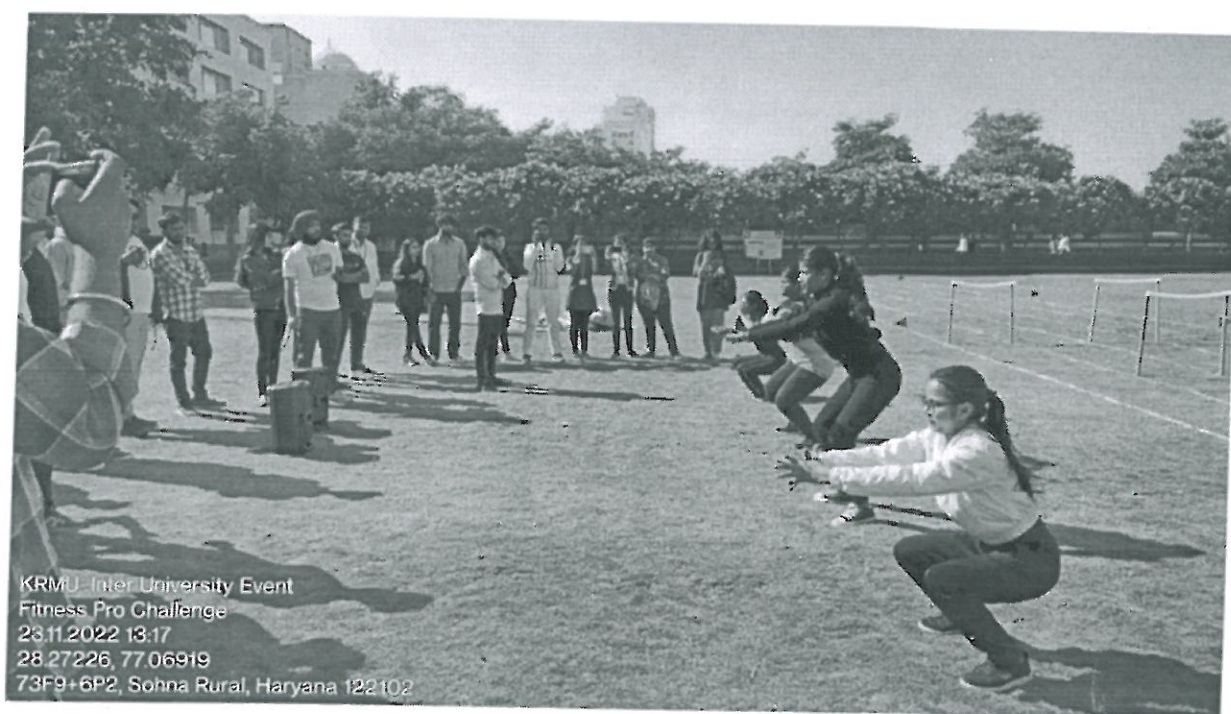
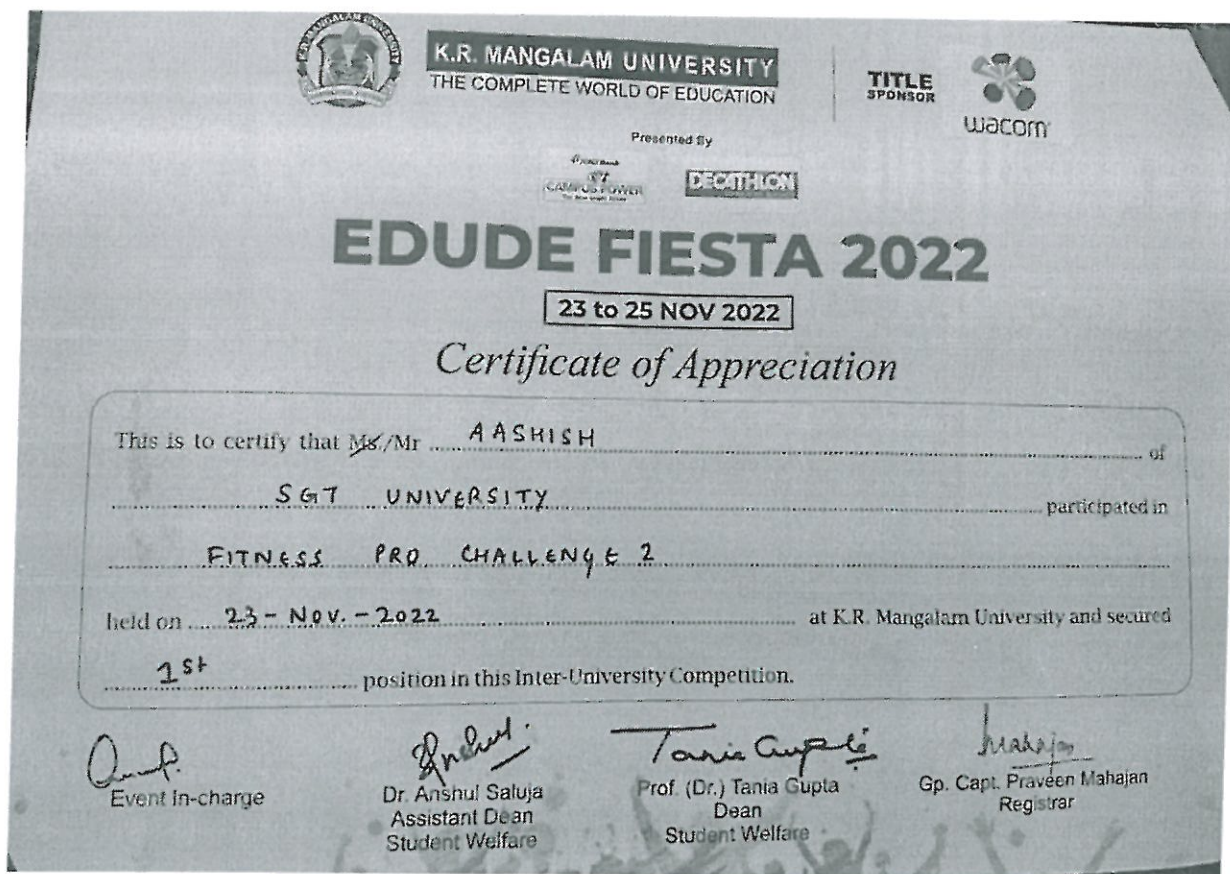


Photo 3: Sit-up Challenge (Females)

Certificates (if any): Only one sample copy required



Report prepared by	Dr. Ankita Samuel (PT) <i>hukita</i> Dr. Gurpreet Singh (PT) <i>28/11/22</i>
Report verified by Event Coordinator	Dr. Gurpreet Singh (PT) <i>28/11/22</i> Dr. Ankita Samuel (PT) <i>hukita</i> <i>28/11/22</i>
Report Seen by Dean	Dr. Hema Chaudhary <i>Hema Chaudhary</i> <i>28/11/2022</i>

Annexure I: Feedback from target audience (extension activity)

Annexure II: Questionnaire (for extension activity only)

Annexure III: Attendance

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