



## **A Report on “Fit India Sports Week”**

### **Fit India Sports Week Unleashed Festive Fervor in MIMT Campus:**

"A sound mind in a sound body," remind us that the well-being of a nation is intricately woven into the fabric of its people leading active, healthy lives.

The campus buzzed with excitement as the vibrant hues of Fit India Sports Week adorned every corner, transformed MIMT into a hub of enthusiasm and athleticism. This celebration transcended textbooks and lecture halls, ushering in a week-long carnival of sportsmanship, camaraderie, and a collective commitment to a healthier lifestyle.

In the pursuit of a healthier and more vibrant nation, the Fit India Sports Week emerged as a beacon of vitality, unity, and athletic prowess. This celebration of fitness transcends mere physical activity; it symbolized a collective commitment to holistic well-being, echoing the ethos of a nation that understands the intrinsic connection between a healthy body and a flourishing mind.

The Fit India Sports Week, a rendezvous of enthusiasts, athletes, and health advocates, stood as a testament to the transformative power of sports in fostering a robust lifestyle. It was not merely a week-long event but a resounding call to action, invited students to participate in the joy of movement, the thrill of competition, and the camaraderie that defined the spirit of sportsmanship.

This vibrant carnival of athleticism encompassed a spectrum of activities, ranging from traditional sports like Badminton, carrom, chess, Tug of war and athletics to the avant-garde

disciplines like yoga and functional fitness. The diversity in offerings ensured that every student could find a niche to explore and engage in, fostering inclusivity and promoting the idea that fitness is indeed for everyone.



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The Fit India Sports Week was not just about breaking records or winning medals; it was about breaking barriers and fostering a culture where physical activity became an integral part of our daily lives. As the nation collectively engaged in this fitness fiesta, it served as a catalyst for a broader dialogue on the importance of health education, nutrition, and the need for creating sustainable environments that encouraged an active lifestyle.

This week was not only an occasion to celebrate athleticism but also an opportunity to reflect on the transformative power of sports in building character, discipline, and resilience.

In essence, the Fit India Sports Week in MIMT transcended the boundaries of a mere event. It was a celebration that echoed through the corridors, resonated in the classrooms, and left an indelible mark on the hearts and minds of all who participated. It was not just a celebration of sports; it was a celebration of life, health, and the enduring spirit of togetherness.



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## FITNESS CLUB

IS ORGANIZING

# “FIT INDIA SPORTS WEEK”

Timing : 9:30 AM to 4:30 PM | Date : 7<sup>th</sup> DEC. TO 11<sup>th</sup> DEC.

Venue : MIMT Campus



YOGA

HEALTH CHECKUP

INDOOR & OUTDOOR SPORTS ACTIVITIES.

Toll Free : 1800 103 3797

[www.mimt.org](http://www.mimt.org)

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Greater Noida, Delhi-NCR, India



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### Report

<b>Name of Activity</b>	Fit India Sports Week
<b>Date</b>	7 – 11 December, 2023
<b>Time</b>	9.30A.M. to 4.30 P.M.
<b>Venue</b>	MIMT, Campus
<b>Organized by</b>	Sports and Fitness Club
<b>Coordinators</b>	Dr. Ashutosh Gaur
<b>Beneficiaries</b>	MBA students (141)
<b>Objective</b>	To encourage the youth to look beyond the sedentary confines of modern living, rediscovering the joy of play, and embracing the invaluable life lessons that sports impart.
<b>Sports / Activities (indoor and outdoor)</b>	Badminton, Carrom, Chess, Tug of war, races, Yoga, Health check-up etc.
<b>Outcome of Activity</b>	The camaraderie, memories, and the shared passion for sports created a lasting impact, weaving fitness into the very fabric of college life.



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### FIT India Week

Organized by FITNESS CLUB – 2023  
Roles and responsibilities

Date: December 7th–11th, 2023

OVERALL INCHARGE		DR. ASHUTOSH GAUR MR. VISHAL MAVI		
DAY 1 (7 <sup>th</sup> December) Thursday				
S.N	ACTIVITY	INCHARGE	TIME	SIGNATURE
1	Race (100 met.)	Mr Sani Kant/Ms Teena	10AM- 12PM	
2	Sack Race/ lemon race	Mr Sani Kant/Ms Teena	12PM – 1PM	
3	3 leg race	Dr Himani/Mr Vishal Gera	2PM -4PM	
DAY 2 (8 <sup>th</sup> December) Friday				
1	Badminton	Ms Divya/Dr Rajat	12PM-1 PM	
2	Kho-Kho only Girls	Dr Himani/Dr Aanchal Tyagi	2PM-4PM	
3	Chess/carrom	Ms Anubha Kumari/ Dr Anurag Agarwal	12PM-1 PM	
4	Tug of War	Mr Vishal Gera /Dr Shefali Panwar	2PM -4PM	
DAY 3 (9 <sup>th</sup> December) Saturday				
1	Health checkup	Dr Aanchal/ Sani Kant	10AM-2PM	
DAY 4 (10 <sup>th</sup> December) Sunday				
1	Pledge Online	Dr Jaspreet Kaur/Mr.Sani Kant	10am- 1pm	
2	QUIZ Online	Dr Jaspreet Kaur/Mr Sani Kant	1pm-4pm	
DAY 5 (11 <sup>th</sup> December) Monday				
1	Yoga	Dr Shefali/ Dr Anurag Agarwal	10am 12pm	
2	Final Badminton	Dr Rajat/Teena	10am 12pm	
3	Valedictory session	Dr Richa /Dr Anju Bala	2pm- 4pm	

Report will be prepared by Dr Anurag Agarwal and compiled by Dr Ashutosh Gaur

  
Fitness Club  
MIMT

  
Director  
MIMT

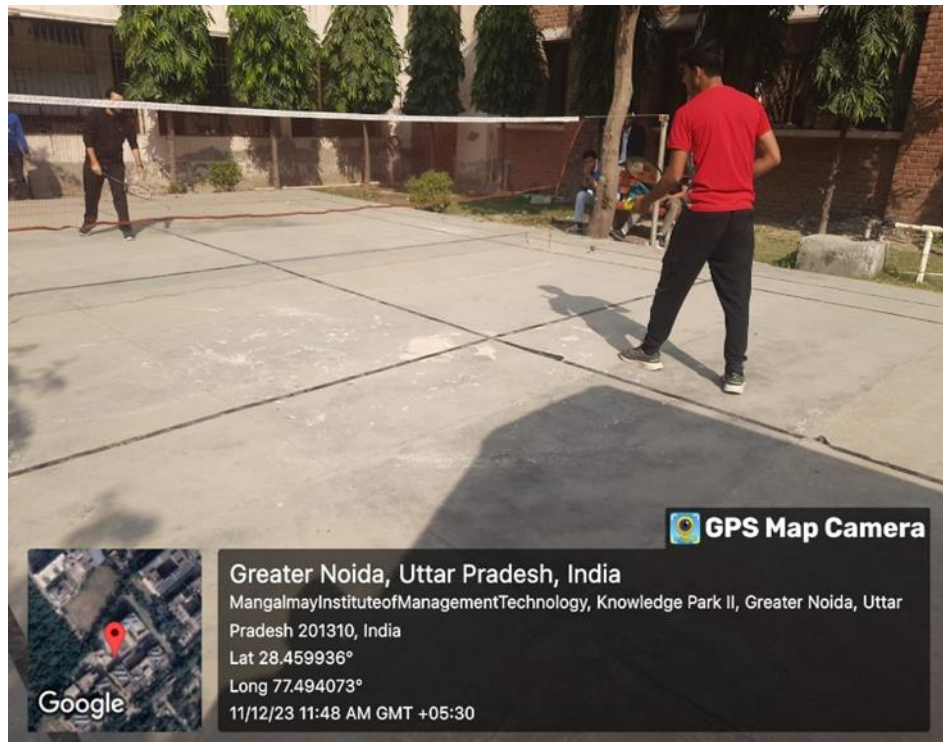
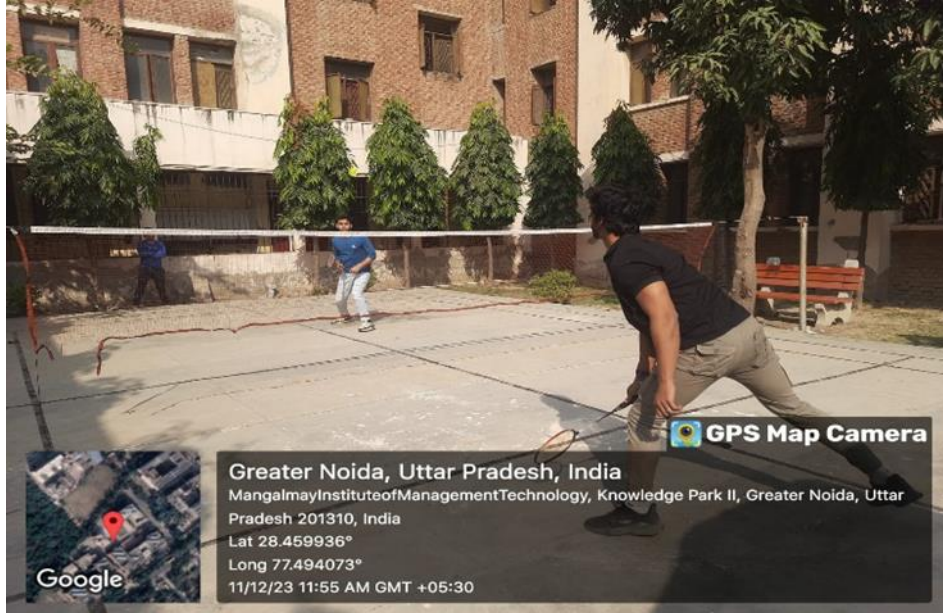


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## Glimpses of various sports:





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## Badminton





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## Carrom



Greater Noida, Uttar Pradesh, India

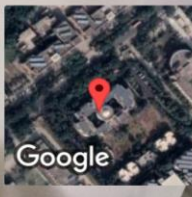
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Lat 28.458656°

Long 77.49439°

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GPS Map Camera



Greater Noida, Uttar Pradesh, India

Mangalmay Institute of Management and Technology, Knowledge Park -2, Greater Noida, Uttar Pradesh, India.

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## Chess



GPS Map Camera



Google

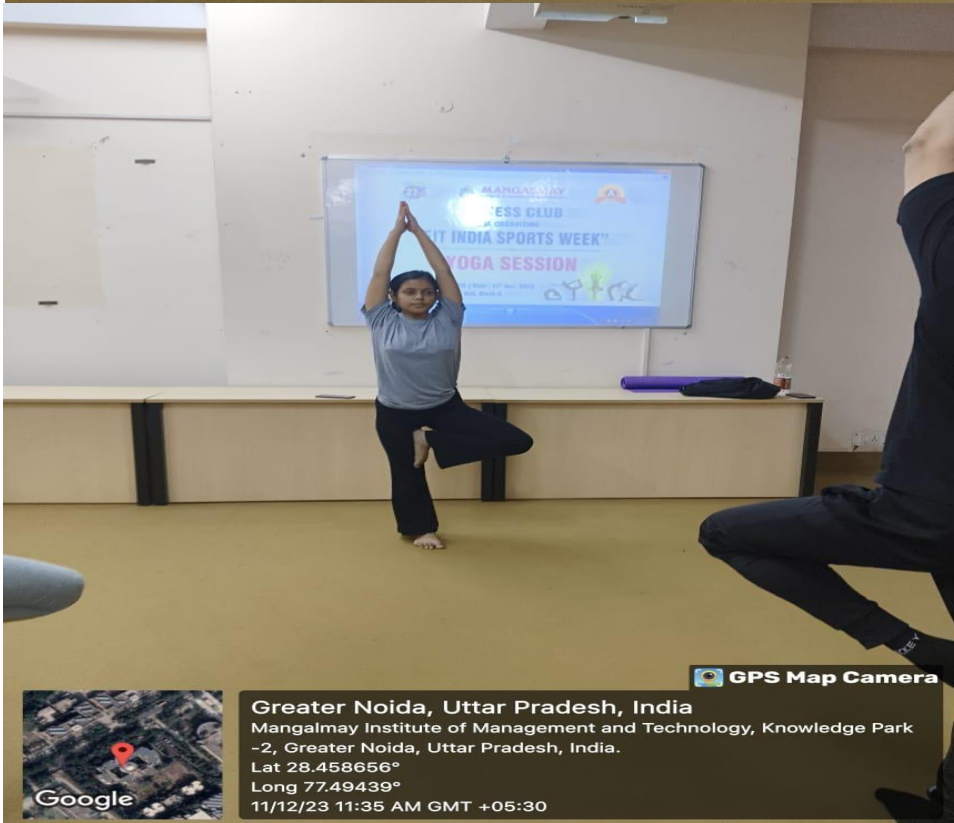
Greater Noida, Uttar Pradesh, India

Mangalmay Institute of Management and Technology, Knowledge Park -2, Greater Noida, Uttar Pradesh, India.

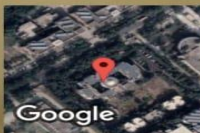
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## Yoga





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## Tug of war





## Valedictory Session

### List of beneficiaries of several sports:

	<b>Chess</b>	
<b>Student's Name</b>	<b>Course</b>	<b>Sports Activity</b>
Bably	MBA	Chess
Lucky Vasuja	MBA	Chess
Priya Bharti	MBA	Chess
Anmol Tiwari	MBA	Chess
Anshika Singh	MBA	Chess
Aditya Singh	MBA	Chess
Naveen Shukla	MBA	Chess
Pawan More	MBA	Chess
Uday Sharma	MBA	Chess
Avinash Kumar	MBA	Chess
Vaibhav Omer	MBA	Chess
DEEPAK KUMAR	MBA	Chess
Satyam Kumar	MBA	Chess
Anmol Tayagi	MBA	Chess
Sagar	MBA	Chess
Chahat Ansari	MBA	Chess
Nishant	MBA	Chess
Drishty Sharma	MBA	Chess
Himanshu	MBA	Chess
Tarun Mahajan	MBA	Chess
Mohd Mehtab	MBA	Chess
Gaddam Karthik Kumar	MBA	Chess



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## Carrom

Student's Name	Course	Sports Activity
Pratham Pandey	MBA	Carrom
Md. Shadman	MBA	Carrom
Bably	MBA	Carrom
Lucky Vasuja	MBA	Carrom
Priya Bharti	MBA	Carrom
Nikhil Kapasiya	MBA	Carrom
Arvind Sahani	MBA	Carrom
Jagruti Kumari	MBA	Carrom
Sumit Yadav	MBA	Carrom
Sumbul Akhtar	MBA	Carrom
Sumitkumar	MBA	Carrom
Gaddam Karthik Kumar	MBA	Carrom
Ishita Kumari	MBA	Carrom
Anila Kumar	MBA	Carrom
Anshika Singh	MBA	Carrom
Vaibhav Omer	MBA	Carrom
Sagar	MBA	Carrom
SujitNandre	MBA	Carrom
Chahat Ansari	MBA	Carrom
Shimpi Dwivedi	MBA	Carrom
Pawan More	MBA	Carrom
Uday Sharma	MBA	Carrom
TusharVashishtha	MBA	Carrom
Prince Tomar	MBA	Carrom
Himanshu Yadav	MBA	Carrom
Sumit Kumar	MBA	Carrom
Saurabh Tiwari	MBA	Carrom



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Gaurav Singh Mahra	MBA	Carrom
Anmol Tiwari	MBA	Carrom
ARITHANT Jain	MBA	Carrom
Ajay Kumar Pandey	MBA	Carrom
Ranjana	MBA	Carrom
Ashwani Kumari	MBA	Carrom
Priya	MBA	Carrom
Sandeep Sharma	MBA	Carrom
Siddarth Singh	MBA	Carrom
Naveen Shukla	MBA	Carrom

### **Badminton (Girls)**

Malika Shahi	MBA	Badminton
IshaBararia	MBA	Badminton
Annu Kashyap	MBA	Badminton
Chandani	MBA	Badminton
Hema	MBA	Badminton
RupaliMudgil	MBA	Badminton
Radha Singh	MBA	Badminton
Sweta Vishwakarma	MBA	Badminton
Srishti Gupta	MBA	Badminton
Bably	MBA	Badminton
Lucky Vasuja	MBA	Badminton
Priya Bharti	MBA	Badminton
Aditi Tyagi	MBA	Badminton
Shruti Sharma	MBA	Badminton
Anshika Singh	MBA	Badminton
Jagruti Kumari	MBA	Badminton
Sumbul Akhtar	MBA	Badminton
Ambika	MBA	Badminton
Ishita Kumari	MBA	Badminton
Anila Kumar	MBA	Badminton
Anshika Singh	MBA	Badminton
Chahat Ansari	MBA	Badminton



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<b>Shimpi Dwivedi</b>	<b>MBA</b>	<b>Badminton</b>
<b>Nirupam Pandey</b>	<b>MBA</b>	<b>Badminton</b>
<b>Gayatri</b>	<b>MBA</b>	<b>Badminton</b>
<b>Sonia Gusain</b>	<b>MBA</b>	<b>Badminton</b>
<b>Riya Dhama</b>	<b>MBA</b>	<b>Badminton</b>
<b>Kajal</b>	<b>MBA</b>	<b>Badminton</b>
<b>Roma Kumari</b>	<b>MBA</b>	<b>Badminton</b>
<b>Aditya</b>	<b>MBA</b>	<b>Badminton</b>
<b>Badminton (Boys)</b>		
<b>Nikhil Singh</b>	<b>MBA</b>	<b>Badminton</b>
<b>Anmol Tiwari</b>	<b>MBA</b>	<b>Badminton</b>
<b>Suraj Singh Yadav</b>	<b>MBA</b>	<b>Badminton</b>
<b>Aditya Pandey</b>	<b>MBA</b>	<b>Badminton</b>
<b>Nikhil Singh</b>	<b>MBA</b>	<b>Badminton</b>
<b>Arvind Sahani</b>	<b>MBA</b>	<b>Badminton</b>
<b>Chirag Goyal</b>	<b>MBA</b>	<b>Badminton</b>
<b>ShoubhikDey</b>	<b>MBA</b>	<b>Badminton</b>
<b>Govind Pathak</b>	<b>MBA</b>	<b>Badminton</b>
<b>Satyandra Pratap Singh</b>	<b>MBA</b>	<b>Badminton</b>
<b>Sumit Yadav</b>	<b>MBA</b>	<b>Badminton</b>
<b>Saurav Kumar</b>	<b>MBA</b>	<b>Badminton</b>
<b>Gaddam Karthik Kumar</b>	<b>MBA</b>	<b>Badminton</b>
<b>Uday Sharma</b>	<b>MBA</b>	<b>Badminton</b>
<b>Prince Tomar</b>	<b>MBA</b>	<b>Badminton</b>
<b>Himanshu Khanna Puri</b>	<b>MBA</b>	<b>Badminton</b>
<b>Aman Panchal</b>	<b>MBA</b>	<b>Badminton</b>
<b>Harsh Bhargava</b>	<b>MBA</b>	<b>Badminton</b>
<b>Ansh Panwar</b>	<b>MBA</b>	<b>Badminton</b>
<b>Avinash Kumar</b>	<b>MBA</b>	<b>Badminton</b>
<b>Ritesh Gupta</b>	<b>MBA</b>	<b>Badminton</b>
<b>Uday Sharma</b>	<b>MBA</b>	<b>Badminton</b>
<b>Mayur Mohan</b>	<b>MBA</b>	<b>Badminton</b>
<b>Abhishek Tripathi</b>	<b>MBA</b>	<b>Badminton</b>



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Faheem Ahmed

MBA

Badminton

<b>Lemon Race</b>		
<b>Student's Name</b>	<b>Course</b>	<b>Sports Activity</b>
Garima Shukla	MBA	Lemon Race
Sumit Vishwakarma	MBA	Lemon Race
Aditya	MBA	Lemon Race
Shivam Verma	MBA	Lemon Race
Abhishek Kumar Gour	MBA	Lemon Race
Sneha Sharma	MBA	Lemon Race
Anchal Srivastava	MBA	Lemon Race
Bably	MBA	Lemon Race
Lucky Vasuja	MBA	Lemon Race
Priya Bharti	MBA	Lemon Race
Dharmendra Dubey	MBA	Lemon Race
Sumit Yadav	MBA	Lemon Race
Mahesh Parmar	MBA	Lemon Race
Gayatri	MBA	Lemon Race
Kajal Pandit	MBA	Lemon Race
Jagrati Kumari	MBA	Lemon Race
Raghav Singh	MBA	Lemon Race
Abinash Kumar	MBA	Lemon Race

## **3-Leg Race**

<b>Student's Name</b>	<b>Course</b>	<b>Sports Activity</b>
Pawan More	MBA	3-Leg Race
Sagar	MBA	3-Leg Race
Ajit Vikram Singh	MBA	3-Leg Race
Gaddam Karthik Kumar	MBA	3-Leg Race
Vishal Rathi	MBA	3-Leg Race
DilNawaaz	MBA	3-Leg Race
Akash Jaiswal	MBA	3-Leg Race
Ayush Gupta	MBA	3-Leg Race





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Auyan	MBA	3-Leg Race
Sonu Pandey	MBA	3-Leg Race
Bhaskar Sharma	MBA	3-Leg Race
Nikhil	MBA	3-Leg Race
Raghav Singh	MBA	3-Leg Race
Aditya Singh	MBA	3-Leg Race
Himanshu Shukla	MBA	3-Leg Race

### **Tug Of War**

Student's Name	Course	Sports Activity
Rahul Gupta	MBA	Tug of War
Kajal Pandit	MBA	Tug of War
Garima Shukla	MBA	Tug of War
Md. Shadman	MBA	Tug of War
Sumit Vishwakarma	MBA	Tug of War
Shivam Verma	MBA	Tug of War
Anchal Srivastava	MBA	Tug of War
Satyam Pathak	MBA	Tug of War
Bably	MBA	Tug of War
Deepak Singh	MBA	Tug of War
Lucky Vasuja	MBA	Tug of War
Priya Bharti	MBA	Tug of War
Nikhil Kapasiya	MBA	Tug of War
Chetan Giri	MBA	Tug of War
ShoubhikDey	MBA	Tug of War
Chirag Goyal	MBA	Tug of War
Dharmendra Dubey	MBA	Tug of War
Aditya Singh	MBA	Tug of War
Aman Panchal	MBA	Tug of War
Harsh Bhargava	MBA	Tug of War
Nirupam Pandey	MBA	Tug of War
Ajit Vikram Singh	MBA	Tug of War
Satyam Giriraj	MBA	Tug of War
Sagar	MBA	Tug of War
Sonia Gusain	MBA	Tug of War



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Ansh Panwar	MBA	Tug of War
Rishabh Anand	MBA	Tug of War
Gautam Singh	MBA	Tug of War
Bhaskar Shukla	MBA	Tug of War
Pawan More	MBA	Tug of War
Tushar Vashishth	MBA	Tug of War
Ishita Sharma	MBA	Tug of War
Shivangi Sinha	MBA	Tug of War
Himanshu Yadav	MBA	Tug of War
Sumit Kumar	MBA	Tug of War
Abhishek Tripathi	MBA	Tug of War
Ajay Kumar Pandey	MBA	Tug of War
Sandeep Pandey	MBA	Tug of War
Harshit Rajput	MBA	Tug of War
Roma Kumari	MBA	Tug of War
Naveen Shukla	MBA	Tug of War

## **Yoga**

Student's Name	Course	Activity
Ishita Singh	MBA	Yoga
Anurag Singh	MBA	Yoga
Aryan Pratap Singh	MBA	Yoga
Ayush Gupta	MBA	Yoga
Abhay	MBA	Yoga
Bhaskar	MBA	Yoga
Prathma Pandey	MBA	Yoga
Roma Kumari	MBA	Yoga
Pawan More	MBA	Yoga
Tushar Vaishishta	MBA	Yoga
Amit Kumar	MBA	Yoga
Yaman Panchal	MBA	Yoga



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<b>Ajeet Vikram Singh</b>	<b>MBA</b>	<b>Yoga</b>
<b>Satyam Giriraj</b>	<b>MBA</b>	<b>Yoga</b>
<b>Kamni Singh</b>	<b>MBA</b>	<b>Yoga</b>
<b>Sonia Gusain</b>	<b>MBA</b>	<b>Yoga</b>
<b>Kamani Singh</b>	<b>MBA</b>	<b>Yoga</b>
<b>JoyshDwivedi</b>	<b>MBA</b>	<b>Yoga</b>
<b>Anjali Sharma</b>	<b>MBA</b>	<b>Yoga</b>
<b>Anjali Gupta</b>	<b>MBA</b>	<b>Yoga</b>
<b>Nirupam Pandey</b>	<b>MBA</b>	<b>Yoga</b>
<b>Anila Kumar</b>	<b>MBA</b>	<b>Yoga</b>
<b>Shivangi Sinha</b>	<b>MBA</b>	<b>Yoga</b>
<b>Vishwakarma</b>	<b>MBA</b>	<b>Yoga</b>
<b>Himanshu KH</b>	<b>MBA</b>	<b>Yoga</b>
<b>Akash Saxena</b>	<b>MBA</b>	<b>Yoga</b>
<b>Chahat Ansari</b>	<b>MBA</b>	<b>Yoga</b>
<b>Anshika Singh</b>	<b>MBA</b>	<b>Yoga</b>
<b>Ashish Kumar Mishra</b>	<b>MBA</b>	<b>Yoga</b>
<b>Chandani Singh</b>	<b>MBA</b>	<b>Yoga</b>
<b>Ashwani</b>	<b>MBA</b>	<b>Yoga</b>
<b>Sumit</b>	<b>MBA</b>	<b>Yoga</b>
<b>Prashant</b>	<b>MBA</b>	<b>Yoga</b>
<b>Abhishek</b>	<b>MBA</b>	<b>Yoga</b>
<b>Garima</b>	<b>MBA</b>	<b>Yoga</b>
<b>Santoshi</b>	<b>MBA</b>	<b>Yoga</b>
<b>Ayush Gupta</b>	<b>MBA</b>	<b>Yoga</b>
<b>Sandeep</b>	<b>MBA</b>	<b>Yoga</b>
<b>Pankaj</b>	<b>MBA</b>	<b>Yoga</b>
<b>Ankit</b>	<b>MBA</b>	<b>Yoga</b>
<b>Vaibhav</b>	<b>MBA</b>	<b>Yoga</b>
<b>Mehtab</b>	<b>MBA</b>	<b>Yoga</b>
<b>Ansari</b>	<b>MBA</b>	<b>Yoga</b>



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## List of winners:

### Lemon Race - Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Raddika	MBA++	First	Y	Y	Y
2	Lucky Vasuja	MBA++	Second	Y	Y	NA

### Lemon Race- Boys

1	Deepak Singh	MBA	First	Y	Y	Y
2	Vishal Yadav	MBA	Second	Y	Y	NA

### 3 Leg Race - Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Lucky Vasuja Jagriti	MBA	First	Y	Y	Y
2	Swati Shrishti	MBA	Second	Y	Y	NA

### 3 Leg Race - Boys

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Vishal Rathi Chetan	MBA	First	Y	Y	Y
2	Dilnawaz GaddamKartik	MBA	Second	Y	Y	N.A
3	Raghav Aditya	MBA	Third	Y	Y	N.A

### Tug of War -Boys

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Mahatab	MBA	Winner	Y	Y	N.A
2	Nikil Nagar	MBA	Winner	Y	Y	N.A
3	Yamaan Panchal	MBA	Winner	Y	Y	N.A
4	Ajeet Vikram Singh	MBA	Winner	Y	Y	N.A
5	Harsh	MBA	Winner	Y	Y	N.A
6	Shreyansh	MBA	Winner	Y	Y	N.A
7	Pankaj	MBA	Winner	Y	Y	N.A
8	Tushar	MBA	Winner	Y	Y	N.A

### Tug of War - Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
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1	Priya	MBA	Winner	Y	Y	N.A
2	Lucky	MBA	Winner	Y	Y	N.A
3	Komal	MBA	Winner	Y	Y	N.A
4	Jagriti	MBA	Winner	Y	Y	N.A
5	swati	MBA	Winner	Y	Y	N.A
6	Kajal	MBA	Winner	Y	Y	N.A
7	Gayatri	MBA	Winner	Y	Y	N.A

## Chess- Boys

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Sagar	MBA	First	Y	Y	Y
2	Naveen Shukla	MBA	Second	Y	Y	N.A
3	Pawan More	MBA	Third	Y	Y	N.A

## Chess- Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Chahat Ansari	MBA	First	Y	Y	Y
2	Lucky Vasuja	MBA	Second	Y	Y	N.A
3	Anshika Singh	MBA	Third	Y	Y	N.A

## Carrom - Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Lucky Vasuja	MBA	First	Y	Y	Y
2	Anisha Raj	MBA	Second	Y	Y	N.A
3	Jagriti Kumari	MBA	Third	Y	Y	N.A

## Carrom - Boys

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Naveen Shukla	MBA	First	Y	Y	Y
2	Sumit Kumar	MBA	Second	Y	Y	N.A
3	Deepak Kumar	MBA	Third	Y	Y	N.A

## Badminton - Girls

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Aastha Sharma	MBA - 2nd Yr.	First	Y	Y	Y
2	Sumbul Akhtar	MBA - I Yr.	Second	Y	Y	N.A
3	Lucky Vasuja	MBA - I Yr.	Third	Y	Y	N.A



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### Badminton - Boys

S.No.	Name	Class	Position	Certificate	Medal	Trophy
1	Nikhil Singh	MBA - I Yr.	First	Y	Y	Y
2	Saurabh Kumar Singh	MBA - I Yr.	Second	Y	Y	N.A
3	Ritesh Gupta	MBA- I Yr.	Third	Y	Y	N.A