

Sports Progress Report for the Year 2019-2020

1. 9th Manav Rachna Inter Faculty & Staff Badminton / Table Tennis Tournament 2019 was held from 26th to 28th June 2019 at Manav Rachna Sports Academy in the premises of Manav Rachna International School Sec-14, Faridabad. The tournament was inaugurated by Dr. N.C.Wadhwa DG,MREI along with Dr. M.M.Kathuria, Trustee, Manav Rachna in the presence of , Mr. R.K.Arora, Registrar, MRIIRS ,Mrs. Sanyogita Sharma, Director Schools, Mr. Sarkar Talwar, Director Sports MRIU. About 380 Faculty & Staff members from various Institutions & Schools of Manav Rachna took part in this tournament. Mrs. Deepika Bhalla, Executive Director, MRIS-14 was the Chief Guest of the closing ceremony the presences of Mr. Sarkar Talwar, Director Sports, MREI, Mr. Agam Talwar, Administrator, MRSA and all sports officers & Coaches of Schools and University were also present on this occasion.



2. Manav Rachna International Institute of Research and Studies Shooting Student Master Angadvir Singh Bajwa Participated in 30th Summer Universiade Games 2019 at Napoli, Italy from 3rd to 14th July 2019 Our Worthy V.P Dr. Amit Bhalla was present in the opening ceremony for the same . **Master Angad Vir Singh Bajwa won Bronze Medal at the Championship.**



3. Manav Rachna International Institute of Research and Studies Sports teams are participated in Udgosh 2019 organized by IIT Kanpur , from 27th to 29th September 2019 .This tournament is the biggest technical sports tournament in India in which about 50-55 universities & colleges are participated in different part of Country in which about 3000 athlete are participated. MRIIRS Sports teams participated in different sports like Basketball (Boys & Girls), Volleyball (Boys & Girls) Cricket (Boys), Table Tennis (Boys & Girls) and Badminton (Boys). Squash (Boys) Football (Boys), Total 84 Students & 3 Managers are took part in above said Tournament. Manav Rachna International Institute of Research and Studies **Table Tennis (Women) team won Gold Medal .**



4. Manav Rachna International Institute of Research & Studies Badminton (M) team participated in North Zone Inter University Badminton (M) Championship 2019-20 at LPU, Jalandhar, Punjab from 06th to 10th October 2019.



5. Manav Rachna International Institute of Research & Studies Volleyball (M) team participated in North Zone Inter University Volleyball (M) Championship 2019-20 at Amity University Gurugram from 07th to 12th November 2019.



6. **Khelo India** - Manav Rachna Sports Academy is approved as Center of Excellence for Shooting in order to provide talent development program to revive the sports culture in India at the grass-root level by building a strong framework for the sport played in our country and establish India as a great sporting nation.

- Currently we have 17 shooters (Boys & Girls) both who are availing residential facility and getting full time training at Manav Rachna Shooting Range.
- Above shooters are practicing under 10 Meter air Pistol/Rifle, 25 Meter, Shotgun event.
- Selected shooters are given financial assistance of INR 5 lakh per annum for 8 years by Sports Authority of India.
- They are getting training from best coaches such as Mr. Ronak Pandit and Mr. Daniele di spigno.
- All the above shooters are national qualifies and few of them have been selected for 14th Asian Championship as well.

7. Manav Rachna International Institute of Research and Studies allotted by Association of Indian University to Organize All India Inter University Shooting Championship 2019-20. All India Inter University Shooting Championship is a prestigious Championship organised every year under the aegis of the Association of Indian Universities. This Championship brings together shooters from Universities all over the nation to compete for the coveted title. The Championship is organised for all the Olympic Shooting events. This year, the Championship was organized by the Manav Rachna International Institute of Research and Studies, Faridabad. Approximately 1400 students from 139 Universities of India participated in the Championship which had 20 events of the shooting Sport. It was for the first time that the Championship was organised at an internationally acclaimed Venue.





8. Manav Rachna International Institute of Research & Studies Shooting (M & W) team participated in All India Inter University Shooting Championship 2019-20 organized by Manav Rachna International Institute of Research & Studies Sector-43, Faridabad at Dr. Karni Singh Shooting Range , Delhi from 12th to 15th November 2019. 139 Universities were participated in the above said tournament.

9. Manav Rachna International Institute of Research & Studies Badminton (W) team participated in North Zone Inter University Badminton (W) Championship 2019-20 at LPU, Jalandhar, Punjab from 19th to 23rd November 2019.



10. Manav Rachna International Institute of Research & Studies Cricket (M) team participated in North Zone Inter University Cricket (M) Championship 2019-20 at Aligarh Muslim University, Aligarh from 21st November to 04th December 2019.



11. Manav Rachna International Institute of Research & Studies Football (M) team participated in North Zone Inter University Football (M) Championship 2019-20 at Sant Baba Bhag Singh University, Punjab from 3rd to 12th December 2019.



12. Manav Rachna International Institute of Research & Studies Basketball (W) team participated in North Zone Inter University Basketball (W) Championship 2019-20 at DCRUST, Murthal Sonapat, Haryana from 06th to 10th December 2019.



13. Manav Rachna International Institute of Research & Studies Volleyball (W) team participated in North Zone Inter University Volleyball (W) Championship 2019-20 at Kurukshetra University Kurukshetra, Haryana from 10th to 14th December 2019.



14. Manav Rachna International Institute of Research & Studies Basketball (M) team participated in North Zone Inter University Basketball (M) Championship 2019-20 at Jamia Milia Islamia Delhi from 13th to 19th December 2019.



15. Manav Rachna International Institute of Research & Studies Table Tennis (M) team participated in North Zone Inter University Table Tennis (M) Championship 2019-20 at Chitkara University Himachal Pradesh, from 17th to 19th December 2019.



16. Manav Rachna International Institute of Research & Studies Table Tennis (W) team participated in North Zone Inter University Table Tennis (W) Championship 2019-20 at Chitkara University Himachal Pradesh, from 21st to 23rd December 2019.



17. Manav Rachna International Institute of Research & Studies Athletic (M) team participated in All India Inter University Athletic (M) Tournament 2019-20 at Rajiv Gandhi University of Health Science (AP) from 2nd to 06th January 2020.



18. Directorate of Sports Organized under guidance of UGC vide letter no D.O- F.1/ 54/2019 dated 13th December 2019 fitness hours for all faculty members & Students in its daily routine started from 6th January 2020 onwards from 7.45 am to 8.45 am at Indoor Sports arena Q Block basement. Yoga, Zumba, Aerobics, Cardio, Functional Training weight training (Gym) and mass PT.



19. Manav Rachna International Institute of Research & Studies Powerlifting (W) team participated in All India Inter University Powerlifting (W) Tournament 2019-20 at University of Mumbai from 22nd to 26th January 2020. She played very well and got 4th Position



20. 13th edition of Manav Rachna Corporate Cricket Challenge 2020 was inaugurated on 11th Jan 2020 by Hon'ble Sh. Yashpal Yadav Deputy Commissioner, Faridabad alongwith Dr. Prashant Bhalla, President, Manav Rachna Educational Institutions (MREI), Dr. Amit Bhalla, Vice President, MREI; Dr. N.C.Wadhwa, DG,MREI, Dr. Sanjay Srivastava, Vice Chancellor, MRIIRS; Dr. I.K.Bhatt, Vice Chancellor,MRU, Mr. Sarkar Talwar, Director, Sports, MREI; in the presence of representatives of the 26 corporate teams and senior luminaries from MREI. This year the tournament is witnessing participation from 26 top corporate houses which include Maruti Suzuki, Fortis Hospital, Fbd ; JCB, Ballabgarh; Dabur India; TCS, Noida; National Highways Authority of India, Delhi; Accenture, ACE, Honda Car India, Asian Hospital, Knorr-Bremse, Aaj Tak, Sarvodaya Hospital, Faridabad, IIFL-Wealth, Indian Oil, HPCL, Hero Motocorp, KPMG, Gurugram ; MREI, Honda Motorcycle and Metafab Engineers India Pvt Ltd. The view of the grand Champion Trophy excited every player and filled them with more passion to be the holder of this trophy.





21. Directorate of Sports organized the 1st “FIT India Movement” workshop as per UGC letter no D.O No- F.1 -54/2019 dated 13th December 2019. The theme based fitness **work shop** for health and fitness issues of all Faculty members & Students was conducted under the **guidance of experts**. The work shop held at I-Block Auditorium on 22nd January 2020 from 11.15 am to 12.15 pm. was addressed by Mr. Sarkar Talwar, Director Sports, MRIIRS, Mr. Ashok Kumar Saini, Retd. Deputy Director Sports, Faridabad, Haryana & Mr. Raj Kumar Sharma, Cricket Coach, Haryana. The main motive of the workshop was to generate awareness among students regarding FIT India movement launched by Sh. Narendra Modi , Prime Minister, India . 75 students with all sports coaches and staff participated in the workshop. During this workshop students learnt about various fitness tips. A knowledgeable message regarding improvement of Physical ability and skills was presented by Mr. Sarkar Talwar (Director Sports, MRIIRS) , Mr. Ashok Kumar Saini (Retd. Deputy Director Sports, Faridabad). Mr. Raj Kumar Sharma (Cricket Coach, Haryana). We recieved a positive feedback from students for this workshop and hope for a good response in the next coming months.



22. Directorate of Sports organized first ever Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Started from 25th January 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards . This Mini Marathon is continued every Saturday.



23. Directorate of sports organized Intra College Tournament 2019-20 started with lot of enthusiasm and had seen a great amount of participation from all students. The tournament kicked off on 27th to 29th January 2020 . Many games from different sports being played in this tournament like Basketball, Volleyball, Cricket, Table Tennis, Badminton & Football.



24. Directorate of Sports organized 2nd Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Held on 01st February 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards .



25. Directorate of Sports organized 3rd Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Started from 8th February 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards .





26. Directorate sports MREI organized **8th MREI Girls Sports Meet 2020** to promote & motivate girls students for FIT India Campaign under the guidelines of UGC on 12th Feb 2020. The sports meet was inaugurated by Smt. Satya Bhalla Ji, Chief Patron, Manav Rachna, along with Dr. M.M. Kathuria, Trustee Manav Rachna in the presence of Dr. N.C.Wadhwa (DG,MREI) ,Mr. R.K.Arora (Registrar,MRIIRS), Mr. Arundeeep Singh (Principal,MRDC), Mrs. Sanyogita Sharma (Director MRIS & Faculty of Education, MRU), Mr. Kameshwar Singh (Registrar,MRU) Mrs. Chhavi Sharma (Director,FMS), Mrs Sangeeta Banga (Dean academic,MRU) , Mr. Sarkar Talwar(Director Sports) other Deans & Directors and sports staff of Manav Rachna .

Smt. Bhalla gave the Good Luck Message to all participating teams. About 350-400 girl's students including Hostellers and Day Scholars participated in different events. It was a very enjoyable experience for all the girls as they we very happy to participate.

The Prize given by Smt. Satya Bhalla, Chief Patron, Manav Rachna alongwith Dr. M.M. Kathuria, Trustee Manav Rachna & Mr. Sarkar Talwar, Director Sports, MRIIRS.

Final Results are as under:

27. Badminton - Winner – Rashmi (Hostlers) & Runners up Jigyasa (Day Scholar)

28. Table Tennis - Winner - Himanshi (Day Scholar) & Runner up Vaani (Hostlers)

29. Relay Race - Winner – Rashmi,kanika,Surbhi,Neha (Hostlers) & Runners up Samridhi,
Akansha,Arti, Yashashvi (Day Scholar)

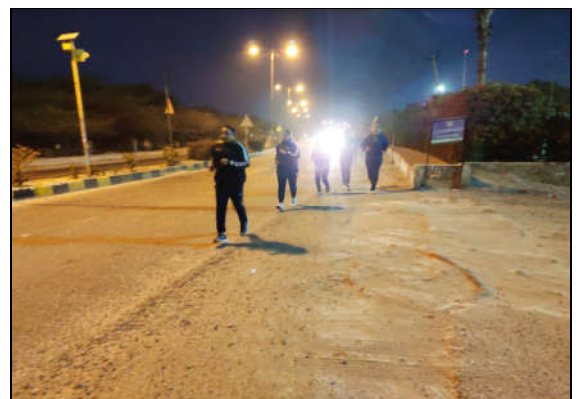
30. 10 Mtr. Race - Winner - Arushi (Day Scholar) & Runner Up Divya (Day Scholar)

- 31. Baloon Race – Winner Rashmi, Vaibhavi (Hostlers) & Runner Up (Gauri, Deepanshi (Days Scholar)
- 32. Cricket – Winner – Days Scholar & Runner Up Hostlers
- 33. Basketball - Winner , Days Scholar & Runner up Hostlers
- 34. Volleyball - Winner , Days Scholar & Runner up Hostlers
- 35. Tug of War Winner – Hostlers & Runners up Day Scholar
- 36. Best Sports Girls – Winner - Jigyasa Gupta





37. Directorate of Sports organized 4th Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Started from 15th February 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards .



38. Directorate of Sports organized 5th Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Started from 22nd February 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards .



39. Directorate of Sports Organized Day night Hostel Cricket Tournament 2020 a part of FIT India Movement the Final match played on 24.02.2020. 2nd & 4th Year Students won the tournament.

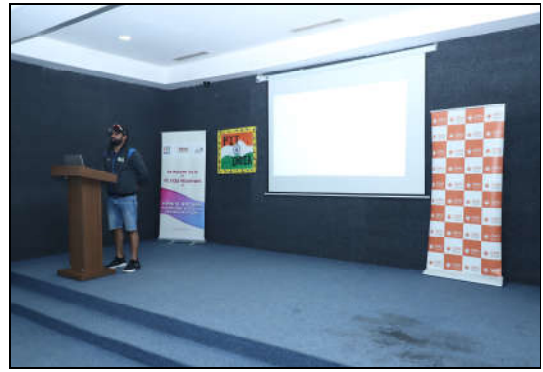


40. Directorate sports organized 1 Week Sports camps for FIT India Movement & MRIIRS Students for participating in MST 2020 organized by MNIT jaipur from Basketball (Men & Women) Volleyball (Men & Women) from 24.02.20 to 29.02.20.



41. Directorate of Sports organized the 2nd "FIT India Movement" workshop as per UGC letter no D.O No- F.1 -54/2019 dated 13th December 2019. The theme based fitness **work shop** for health and fitness issues of all Faculty members & Students was conducted under the **guidance of experts**. The work shop held at I-Block Auditorium on **27nd February 2020** from 11.15 am to 12.15 pm. was addressed by Mr. Sarkar Talwar, Director Sports, MRIIRS, Directorate of Sports welcomed all. He told the students the concept of how to live healthy through sports. After that Dr. Rakesh Kumar (Ms ortho)(Mch ortho) from QRG hospital renowned sports medicine doctor of QRG hospital told the students importance of "Fit India Movement' through ppt. He described the concepts like shoulder replacement & knee replacement in detail and Mr. Manish Sai of Sports Science Centre updated the students about knowledge of physiotherapy & he also told the students about Sports Science Centre. The main motive of the workshop was to generate awareness among students regarding FIT India movement launched by Sh. Narendra Modi , Prime Minister, India . 80 students with all sports coaches and staff participated in the workshop.





42. Directorate of Sports organized 5th Manav Rachna Mini Marathon for all students and faculty & Staff of MRIIRS as a part of FIT India movement. Started from 22nd February 2020 (Saturday) from Manav Rachna International Institute of Research and Studies, Gate no-1 to Ankhir Chowk (gymkhana club) at 6.00 am onwards .



Director Sports
MRIIRS