



THE STUDENT BULLETIN

VIRAAJ - STUDENT SPORTS ACTIVITY



LIST OF SPORTS IN THE EVENT

- Badminton
- Volleyball
- Kabbadi
- Tug of war
- Table tennis
- Carrom
- Long jump
- High jump
- 100m race , 200m, 400m
- Futsal



LIST OF CHAMPIONS

Stars Never Hide

BADMINTON

Team (Praveen Pandey):

1. Praveen Pandey
2. Suraj Kuma
3. Rohit Gupta
4. Saumya
5. Shweta
6. Pankaj Rao
7. Anand Vikram
8. Rahul Kumar kannujiya
9. Sahil Yadava



KABADDI

Team (Second year)

1. Anubhav Tripathi
2. Suryansh
3. Ankit Kumar
4. Aman Singh
5. Brijesh
6. Ayush Singh

VOLLEYBALL

Team (Civil Players):

1. Aman Kumar
2. Bhanu Singh
3. Saurabh Ahuja
4. Sangam
5. Rishi Singh
6. Rohit Nirmal



TABLE TENNIS

Divyanshu Yadav
(IT Final year)

Chess

Sangam
(IT Final year)

TUG OF WAR (Boys)

1. Mohit Kumar (4th)
2. Sanjeev Shukla (4th)
3. Anuj (2nd)
4. Manoj (3rd)
5. Viru (3rd)
6. Aakash (4th)
7. Amit Pal (4th)
8. Chandra prakash (4th)
9. Sandeep (4th)
10. Ritesh (2nd)



TUG OF WAR (Girls)

1. Anandita
2. Ritika Sahni
3. Aanchal Patel
4. Kamini
5. Sanjana

Atheletics

100 Mete Race (BOYS)

- First Position -- Durgesh (IT First year)
- Second Position -- Aman Rawat (ME Second year)
- Third Position -- Rahul Kumar Chandel (IT Third year)

100 Meter Race (GIRLS)

- First Position -- Kamini (ME Final year)
- Second Position -- Aanchal Patel (CE Final year)
- Third Position -- Nirupma (ME Second year)



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It was not just a sport but the stress buster activity for enginnering students



Sports help control diabetes, manage weight, enhance blood circulation, and manage levels of stress. Through sports, there is a good balance of physical and mental growth, which helps tone muscles and makes bones strong. Sports inculcates in students the importance of a healthy lifestyle.

Sports help in the overall development of students. Playing sports teaches lessons of life, such as teamwork, accountability, self-confidence, responsibility, and self-discipline. Sports help develop values of mutual trust and cooperation. They help develop students' capacities in taking instant decisions, and they enhance thought processes.