



ASHTAVAKRA

Institute of Rehabilitation Sciences and Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

FIT INDIA

EVENT NAME

Title of Activity*

Fitness Sporting Activity: Intra Institute Sports Competition: Carrom

Values

- Strategic Thinking and Planning
- Concentration and Focus
- Healthy Competition
- Stress Relief and Well-being
- Community Building
- Inclusive Participation

Learning Outcomes

- Self-Discipline and Commitment:
- Resilience and Perseverance
- Time Management:
- Physical Dexterity and Coordination
- Confidence and Self-Esteem
- Recognition and Motivation

Organized by (Dept./ Centre/ Cells/Clubs/ Committees Name)*

Fit India Youth Club

Program Theme*

Intra Institute Sports Competition

External Expert / Internal Expert

Mr. Vikas Kumar

Date*

27.03.2024

Time*

1:00 PM to 2:00PM

Venue

Room No. 101, Block A, AIRSR

Poster/Flyer/Notice*



Ashtavakra Institute of Rehabilitation Sciences & Research
5, PSP Institutional Area Madhuban Chowk Rohini, Sector-14, Delhi-110085

Ref: AIRSR/2024-25/101

Date: 27/03/2024

CIRCULAR

All the students of FITS SR are hereby informed about the upcoming Intra-Institute Sports Program, featuring Carrom Competition. At Ashtavakra Institute of Rehabilitation Sciences & Research, we believe in promoting holistic well-being among our students and offer better way to achieve this than through the exhilarating world of indoor sports. Interested Participants can give their names to the undersigned. Details of the tournament are mentioned below.

Date: 27.03.2024
Time: 1:00PM - 2:00PM
Venue: Room No. 101, Block A, AIRSR

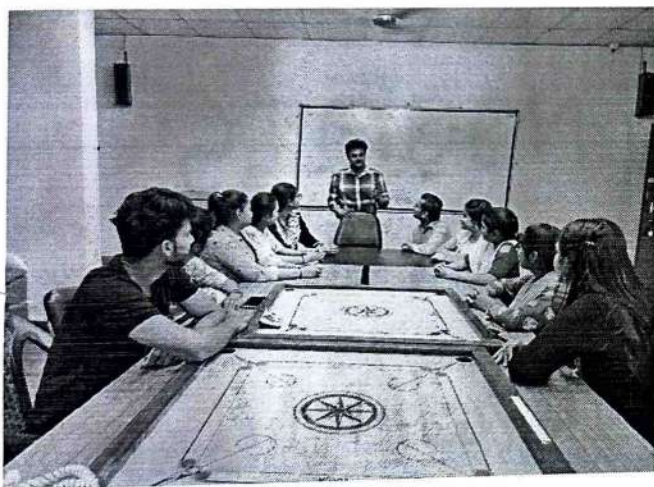
Mr. Vikas Kumar
FITS In-charge

Address: 5, PSP Institutional Area, Madhuban Chowk, Rohini Delhi-85
Ph: 011-27550021/2
Email: ashtavakra@airsr.in Website: www.ashtavakra.in

Social media link (promoting in any one Facebook/Instagram/Twitter is mandatory)	https://www.instagram.com/reel/Cz84teepprR/?igshid=MTc4MmM1YmI2Ng==
No. of Students* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	30
No. of Faculty* (only no. to be written, list in excel or word should be maintain at department level as proof for any further requirement)	1
No. of External Participants (students + faculty) [write NA if not applicable]	N.A

(Geotag) Photograph*

Photograph of the Event with the Caption



Report: Description in (min 250 to max 800 words)*

The Intra-Institute Carrom Competition was organized to foster a spirit of camaraderie and healthy competition among students. This event aimed to provide a platform for students to showcase their skills in the traditional game of carrom, while promoting strategic thinking, teamwork, and cultural appreciation. Registration was conducted both online through the institute's sports portal and offline at the sports office. The competition began with knockout rounds to streamline the number of participants. Best players and teams advanced through these rounds, culminating in the final matches. Standard carrom rules were followed, with a time limit set for each match to ensure smooth progression. Each carrom piece was worth 1 point, the queen 3 points, with the winner being the first to reach 25 points or the highest scorer within the time limit. Standard fouls such as improper strikes and touching the pieces were penalized according to carrom rules. Participants were required to maintain sportsmanlike behavior. Prizes were awarded to winners and runners-up in each category. The Intra-Institute Carrom Competition was a resounding success, achieving its objectives of fostering camaraderie, enhancing strategic and cognitive skills, and promoting cultural appreciation. Feedback was collected from participants to understand their experience and identify areas for improvement. A debriefing session was held with the organizing team to discuss the event's successes and areas for enhancement. The positive feedback and enthusiastic participation underscored the event's impact on the student community. Future iterations will build on this success, incorporating feedback to create an even more enriching experience for all participants.

Recourse Person

NA

Attendance Sheet*

Attached at the end of Report

Feedback

Sample feedback Attached at the end of Report

Report Submitted by Convener (write faculty coordinator name)

Mr. Vikas Kumar

For Office Use

Signature of Event Coordinator


Nodal Officer, Fit India Club (FYC)
Ashtevakra Institute of Rehabilitation Sciences and Research
Madhuban Choudhary, Delhi-110095
Signature of Club In-Charge
(With Seal)

List of Beneficiary

30

LIST OF STUDENT PARTICIPANTS

S. No.	Name of Participants	Course
1.	Gurpreet	D.ED SE MD
2.	Vikky	D.ED SE MD
3.	Shubham	D.ED SE MD
4.	Tamanna	D.ED SE MD
5.	Bhumika	D.ED SE MD
6.	Aanchal	D.ED SE MD
7.	Tanisha	D.ED SE MD
8.	Vishakha	D.ED SE MD
9.	Suryanshu	D.ED SE MD
10.	Jaya	D.ED SE MD
11.	Shrishti	D.ED SE MD
12.	Kanika	D.ED SE MD
13.	Yuvraj	D.ED SE MD
14.	Annu	D.ED SE MD
15.	Chhavi	D.ED SE MD
16.	Mansi	D.ED SE MD
17.	Jaya	D.ED SE MD
18.	Ridhi	D.ED SE MD
19.	Sneha	D.ED SE MD
20.	Deepanshi	D.ED SE MD
21.	Mandeep	D.ED SE MD
22.	Khushi	D.ED SE MD
23.	Nimisha	D.ED SE MD
24.	Priyanshu	D.ED SE MD
25.	Riya	D.ED SE MD
26.	Drishti	D.ED SE MD
27.	Monika	D.ED SE MD
28.	Parthvi	D.ED SE MD
29.	Deepika	D.ED SE MD
30.	Khushboo	D.ED SE MD

24/04/2024

[Signature]