

Achievements in Sports



Ms. Rupal Rewatkar (Final Year student) participate in South-West Zone Inter-university Taekwondo (Women) Championship 2023-24 held at Shri Jagdishprasad Jhabarmal Tibrewala University, Chudela, Jhunjhunu, Rajasthan from 5/11/23 - 11/11/23.



B. Tech Fire Engineering 4th year student Rupal Rewatkar and 3rd year student Nivedita Dhilwania, acquired 1st Place (Girls) in Inter collegiate Taekwondo championship 2023-24 held at Subedar hall sports Complex by RTM Nagpur University.



B. Tech Fire Engineering 3rd year students Gajendra Singh, Alok Deep and Mridul Sharma acquired Bronze medal in Inter collegiate Taekwondo championship 2023-24 held at Subedar hall sports Complex by RTM Nagpur University



B. Tech 3rd Year student Mr. Aditya Kumar Sharma acquired silver medal in westling freestyle Inter College Tournament of R. T. M. Nagpur University.

Glimpses of Sports and other Event participate by students of NFSC

TheHitavada

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Push(ing)-up the limits!

■ By Hat Amjad Sheikh

SOMEBODY has rightly said that if you want to live a happy and contented life, focus on goals rather than people or things. Yes, goals are the target you need to push yourself towards - for excellence and glory. And without goals, life seems like a directionless boat sailing in the vast ocean. Goals command your thoughts, your energy, your focus and above all a constant effort to push your limits, and this push will certainly yield results.

Pushing up his limits is one such guy in Nagpur, Mohd Frazz Alam, who has set a new record of 70 Push-Ups-To-Plank repetition in one minute. His feat has been registered in India Book of Records and has also found a place in Asia Book of Records.

A former student of St Vincent Pallotti School, Frazz has always been academically strong, bagging merit position in Std Xth. After Std XIIth, his focus shifted to an off-beat career option, and he is presently studying in the third year at National Fire Service

College to become an able Fire Engineer. "It was a chance viewing of some videos where I saw a Punjabi fellow doing some brisk push-ups and this motivated me to try this myself. Being a fitness freak from my early days, I first tried to gain more stamina and strength with vigorous running. Our routine at the Fire Service College, which requires more physical activity proved to be an added bonus. Once I gained confidence in my ability, I tried to better my numbers each day. With much conviction in self, I applied for India Book of Records with a video and required paperwork, but got rejected twice for incorrect posture. Later, I corrected the faults and sent it again. Luckily this time, I got an approval from India Book of Records. Bestowed with medals and certificate, I was really elated that my feat has finally seen the light of the day. Later, I was also registered in the Asia Book of Records for my achievement", informs Frazz on a happy note.

Quip him on his dietary habits and humbly he says, "I never followed a specific diet plan. It was all eggs, milk and mess food. I am trying to build a muscular physique and my present focus is only that at my gym workout routine. I believe in consuming a balanced diet which centres around good amount of protein and less carbs".



Mohd Frazz Alam proudly displaying his medals and certificates from India Book of Records and Asia Book of Records.

Thermost push ups to planks in one minute is 72 and was achieved by Alex Goulding of UK in April 2024 in the Guinness World Records. Frazz is aiming to beat Alex's record and register his name in the record book. "I see fitness as a way of life, which

actually heals my body and soul. I want to inspire others to start their fitness journey at any stage of life. During a chat with Alex, he has shared some important tips to follow to better my performance, which I am keenly following", says Frazz.

His childhood idol Cristiano Ronaldo serves as an inspiration, particularly for his routine and fitness level, and hopes that all his commitment will help him set a new record at the world level. With a goal set high, he is ready to push his limits to achieve more glory!



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libr editor April 25, 2024 0 comments 0:175 mins read



Sharib Imam – IBR Achiever

Sharib Imam (born on September 25, 2004) of Gaya, Bihar is titled as 'IBR Achiever' for performing 159 push-ups in one minute, at the age of 19 years and 5 months, as confirmed on March 4, 2024.



Mr. Gyan Ranjan Acquired Bronze medal in Judo , R. T. M. Nagpur University Inter College Tournament



Mr. Himanshu 3rd year student of B. Tech Fire Engineering, won a gold medal in the inter-collegiate tournament R. T. M Nagpur. His victory qualified him to participate in the Inter-University Judo competition in Amritsar.