

खेल उपलब्धियाँ



सुश्री रूपल रेवतकर (अंतिम वर्ष की छात्रा) ने 5/11/2023 - 11/11/2023 तक श्री जगदीशप्रसाद झाबरमल टिबरेवाला विश्वविद्यालय, चुडेला, झुंझुनू, राजस्थान में आयोजित दक्षिण-पश्चिम क्षेत्र अंतर-विश्वविद्यालय ताइक्वांडो (महिला) चैम्पियनशिप 2023-24 में भाग लिया।



बी.टेक फायर इंजीनियरिंग चतुर्थ वर्ष की छात्रा रूपल रेवतकर और तृतीय वर्ष की छात्रा निवेदिता ढिलवानिया ने आरटीएम नागपुर यूनिवर्सिटी द्वारा सूबेदार हॉल स्पोर्ट्स कॉम्प्लेक्स में आयोजित इंटर कॉलेजिएट ताइक्वांडो चैम्पियनशिप 2023-24 में प्रथम स्थान (लड़कियां) हासिल किया।



आरटीएम नागपुर यूनिवर्सिटी द्वारा सूबेदार हॉल स्पोर्ट्स कॉम्प्लेक्स में आयोजित इंटर कॉलेजिएट ताइकांडो चैंपियनशिप 2023-24 में बी.टेक फायर इंजीनियरिंग तृतीय वर्ष के छात्र गजेंद्र सिंह, आलोक दीप और मृदुल शर्मा ने कांस्य पदक हासिल किया।



बी.टेक तृतीय वर्ष के छात्र श्री आदित्य कुमार शर्मा ने आर.टी.एम. नागपुर विश्वविद्यालय के वेस्टलिंग फ्रीस्टाइल इंटर कॉलेज टूर्नामेंट में रजत पदक प्राप्त किया।

एनएफएससी के छात्रों द्वारा खेल और अन्य कार्यक्रमों की झलकियाँ

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Push(ing)-up the limits!

By **Mfat Anjad 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 Punjab 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 fault 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



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

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".

The most pushups 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!

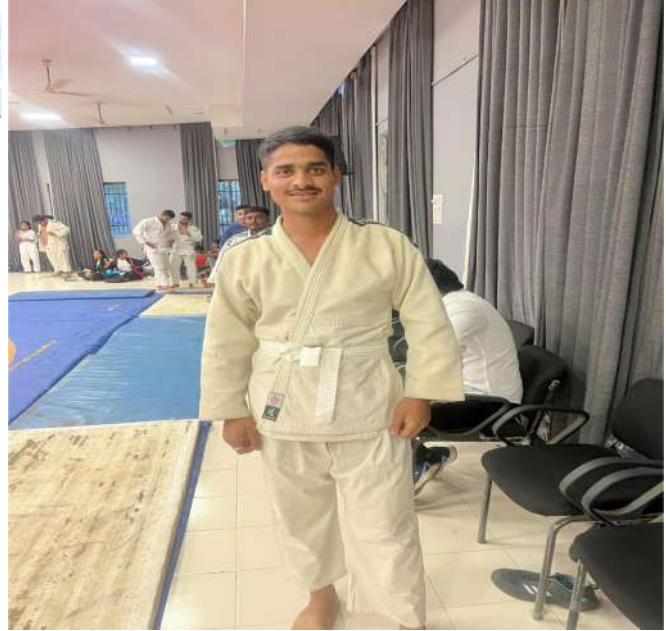


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Sharib Imam - IBR Achiever

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.



श्री ज्ञान रंजन ने जूडो, आर. टी. एम. नागपुर यूनिवर्सिटी इंटर कॉलेज टूर्नामेंट में कांस्य पदक हासिल किया



बी.टेक फायर इंजीनियरिंग के तृतीय वर्ष के छात्र श्री हिमांशु ने इंटर-कॉलेजिएट टूर्नामेंट आर.टी.एम. नागपुर में स्वर्ण पदक जीता। उनकी जीत ने उन्हें अमृतसर में अंतर-विश्वविद्यालय जूडो प्रतियोगिता में भाग लेने के लिए योग्य बना दिया।