

11. Students' Personality Development Activities

11(a)	Activities like mock interview, role play, group discussions, quizzes, workshops, competitions, etc.				
	Activities		No.	Details	Marks
	Mock Interview	:	52	List Uploaded	
	Role Play	:	80		
	Group Discussion	:	140		
	Workshop	:	58		
	Competition	:	50		
11(b)	Personality development labs, Provisions for trained faculty to conduct practical sessions and existence of qualified student counselors				
	Personality development labs	:	1	List Uploaded	
	Availability of trained faculty to conduct practical sessions	:	20		
	Existence of NSS/NCC Technical and Cultural Clubs/Societies		Yes	2 units registered under NSS/NCC. 14 Clubs list uploaded	
11(c)	Sports facilities in the Institutions				
	Indoor facilities	:	YES	Details uploaded	
	Outdoor facilities	:	YES		
	Sport Equipments	:	YES		
	Marks (Max. Marks: 35)				

Students' Personality Development related activities

Mock Interview	52
Role Play	80
Group Discussion	100
Workshop	58
Competition	50

Students' Personality Development related activities

MERI regularly conducts workshops for soft skills like communication, interpersonal skills, leadership skills and personality development. Placement cell at MERI along with academics dept. continuously organizes soft skills activities focusing on personality development, team work, interpersonal skills and communication.

Mock Interview	52
Role Play	80
Group Discussion	100

Workshop	58
Competition	50

Competitions

- MERI organizes various activities and competitions where students demonstrate their all round abilities. Some of the activities are

1. Solo dance- Boys competition
2. Group dance competition
3. Singing competition
4. Poetry recitation contest
5. Dual Dance competition
6. Arm wrestling competition
7. Table tennis competition
8. Chess competition-boys
9. Cricket Tournament
10. Arm wrestling contest
- 11 Solo dance Girls Competition
12. Chess-Girls
13. Cooking without fire
14. Collage making
15. Rangoli
16. Poster Making and abstract art
17. Reel Making Competition
18. Slogan Writing
19. Best out of waste competition
20. Push Ups/Yoga
21. Tug of War
22. Football
23. Intra-College mock stock competition
24. Fashionista 2K25
25. Intra College Teach back Session
26. Snap splash –Videography competition
27. Intra College GD competition

Student counselors-There is availability of trained counselor to counsel students.

Sports Facilities

MERI has following sports facilities available for its students:

Sports	Games	Place of Conduct
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Indoor Games	Table Tennis Carrom Chess Snooker	MERI, Janakpuri
Outdoor Games	Volleyball Foot Ball Cricket Basketball Lawn tennis Badminton Athletics Judo Kho Kho Kabaddi	MERI, Janakpuri

ACTIVITIES REPORT 2024 - 2025



Public speaking skills Practice Session was conducted on 11 July 2024 with the students of BCA 2nd semester.

Public speaking is the act of delivering a speech or presentation in front of an audience. It's a skill that can be useful in many contexts, such as business, education, politics, and entertainment. Good public speaking involves more than just presenting information—it's about engaging and inspiring your audience.

Here are some key aspects of public speaking:

1. **Preparation:** Know your material well. Organize your thoughts into a clear structure (e.g., introduction, body, and conclusion). Tailor your content to your audience's needs or interests.
2. **Confidence:** Be confident in your delivery. This doesn't mean being perfect, but rather speaking with authority and conviction. Practice can help with this.
3. **Body Language:** Your body language conveys a lot of information. Make eye contact, use hand gestures, and stand or sit in a posture that exudes confidence and engagement.
4. **Voice Modulation:** The way you speak matters—vary your tone, pitch, and pace to keep the audience engaged. A monotone delivery can be disengaging.
5. **Engagement:** Involve your audience. Ask questions, use anecdotes or humor, and connect with your listeners to maintain interest.
6. **Visual Aids:** If you're using slides, props, or visuals, make sure they support and enhance your message, not distract from it.
7. **Practice:** The more you practice, the more comfortable you will become with public speaking. Rehearse your speech in front of a mirror, record yourself, or even try in front of a friend.

8. Public speaking is incredibly important for a variety of reasons. Whether in professional or personal contexts, it can have a huge impact on your success and influence. Here's why public speaking is so valuable:

1. Enhances Communication Skills

Public speaking helps you articulate your thoughts clearly and effectively. It sharpens both verbal and non-verbal communication, improving how you express yourself in any situation—whether it's in a meeting, presentation, or casual conversation.

2. Boosts Confidence

Regularly speaking in front of an audience builds self-assurance. Overcoming the fear of public speaking (known as glossophobia) can significantly boost your overall confidence in other areas of life, from job interviews to social situations.

3. Career Advancement

Effective public speaking can set you apart in the workplace. It's a key skill for leaders, managers, and anyone who wants to influence or motivate a team. Strong presentation skills can be a deciding factor in promotions, opportunities, or leadership roles.

4. Influence and Persuasion

Public speaking allows you to persuade, motivate, and inspire others. Whether you're making a pitch, selling an idea, or advocating for a cause, being an effective public speaker helps you connect with your audience and influence their decisions or opinions.

5. Builds Personal Brand

Good public speaking can help you establish yourself as a thought leader or expert in your field. It's a great way to gain visibility, build trust with your audience, and grow your reputation, both online and offline.

6. Fosters Connections

Public speaking is a platform to connect with others—whether it's networking, sharing ideas, or collaborating. It helps build relationships with your audience, colleagues, and peers by engaging with them in meaningful ways.

7. Promotes Critical Thinking

Preparing for a public speech requires deep thinking, organizing your ideas, and anticipating the audience's reactions or questions. This process strengthens your ability to think critically, analyze information, and present it logically.

8. Advances Social Causes

Many social movements and causes gain momentum because effective speakers know how to rally support, raise awareness, and inspire action. Public speaking can be a powerful tool for bringing attention to important issues.

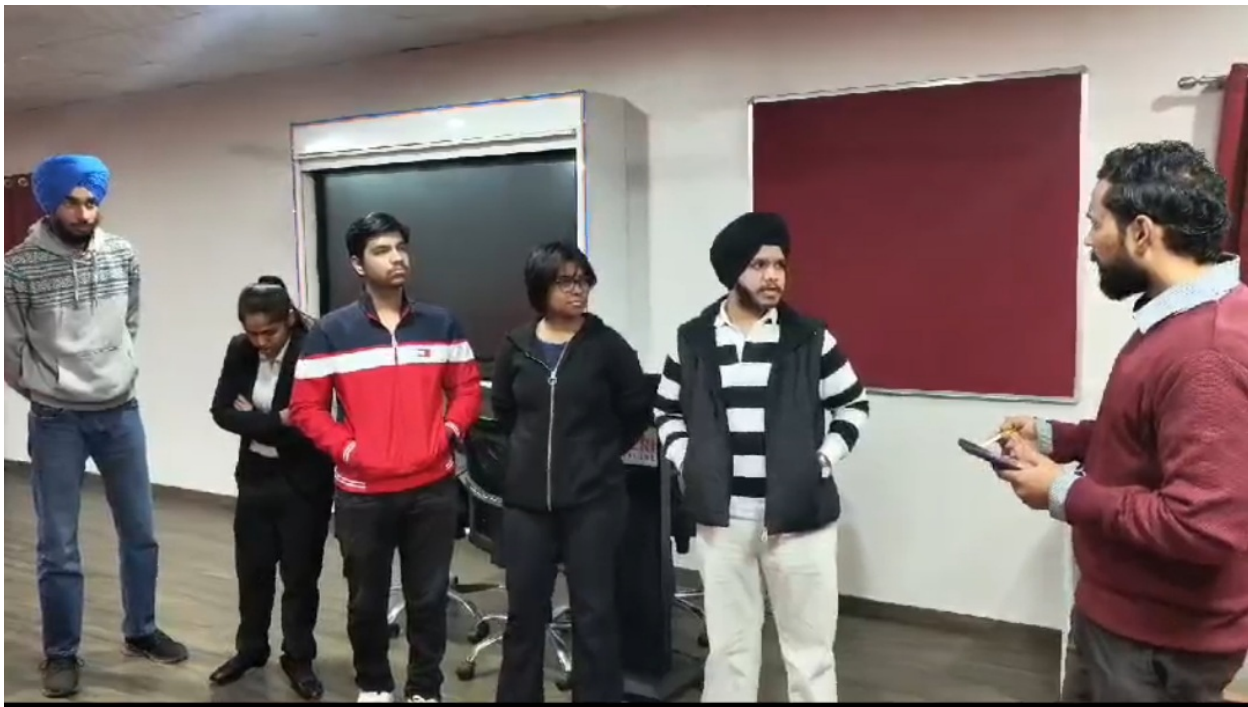
9. Improves Listening Skills

Being a good public speaker also makes you a better listener. You learn to understand your audience's reactions, adjust your message based on their needs, and be open to feedback.

10. Educational Impact

Public speaking allows you to teach, share knowledge, and educate others. Whether in classrooms, seminars, or workshops, being a skilled public speaker helps you impart knowledge in a way that is both clear and engaging.

In summary, public speaking isn't just about speaking in front of an audience—it's about creating connections, influencing change, and expanding opportunities, both personally and professionally. The ability to communicate well can open doors to new experiences and help you make a lasting impact on those around you.





A group discussion was also organized on 13 July 2024 with students of BBA and BCA both.

(GD) is a structured conversation where a small group of people come together to discuss a specific topic or issue. The objective is to exchange ideas, opinions, and viewpoints, typically in a collaborative and open manner. Group discussions are often used in educational settings, job interviews, and team meetings to evaluate communication skills, critical thinking, problem-solving abilities, and the ability to work in a team.

Here are some key features of a group discussion:

1. **Topic Selection:** A predefined topic is given, and participants must discuss it within a certain time limit.
2. **Participation:** All participants are expected to contribute their thoughts and opinions.
3. **Moderation:** There may be a moderator or leader to guide the conversation, ensure everyone gets a chance to speak, and keep the discussion on track.
4. **Communication Skills:** Effective listening, speaking clearly, and presenting ideas are important aspects of a successful group discussion.
5. **Collaborative Outcome:** The goal is often to come to a consensus, generate ideas, or make decisions through shared input.

Group discussions are important for several reasons, as they offer numerous benefits for both personal and professional growth. Here's why they matter:

1. **Improves Communication Skills:** Group discussions help participants improve their ability to express ideas clearly, listen actively, and engage in meaningful conversations. This is essential for both personal interactions and professional settings.
2. **Enhances Critical Thinking:** When involved in a group discussion, individuals are encouraged to think critically and analyze information from different perspectives. This helps in developing problem-solving skills and the ability to make informed decisions.
3. **Promotes Collaboration and Teamwork:** GDs highlight the importance of working as a team, encouraging participants to consider others' viewpoints, collaborate, and share ideas. This is crucial in both workplace settings and group projects.
4. **Boosts Confidence:** Engaging in a group discussion helps individuals overcome shyness, boost their self-confidence, and get comfortable speaking in front of others. This skill is particularly useful in interviews and presentations.
5. **Exposure to Diverse Opinions:** Group discussions bring together people from various backgrounds, which leads to a wider range of opinions and ideas. This diversity encourages participants to expand their thinking and adapt to new perspectives.
6. **Helps in Decision Making:** In professional settings, group discussions often involve problem-solving, where multiple ideas are shared, and a solution or decision is made collaboratively. It helps in refining ideas and making better decisions.
7. **Develops Listening Skills:** Apart from expressing one's own views, a good group discussion also requires careful listening to others. It teaches participants to value others' contributions and engage in meaningful dialogue rather than dominating the conversation.
8. **Prepares for Interviews and Assessments:** Many companies use group discussions as part of their recruitment process to assess a candidate's interpersonal skills, leadership potential, ability to think on their feet, and teamwork abilities. GDs help individuals prepare for these assessments.
9. **Encourages Knowledge Sharing:** Group discussions provide an excellent platform for sharing knowledge, experiences, and expertise on various topics, allowing individuals to learn from each other and stay informed.
10. **Enhances Decision-Making and Problem-Solving Abilities:** Working together in a group setting often results in more effective decision-making because it combines diverse viewpoints and ideas, leading to a more well-rounded solution.



An extempore was also organized with the students of MBA 2nd year on 12th of August 2024 **Extempore** is a type of impromptu speech or presentation where you're asked to speak on a given topic with little or no preparation time. The goal is to speak fluently, coherently, and confidently, even though you haven't had time to plan your thoughts in advance.

Here are a few tips for acing an extempore speech:

1. Understand the Topic Quickly

- As soon as you hear the topic, take a moment to gather your thoughts. Identify the key points you can speak about, and try to frame your response with a clear beginning, middle, and end.

2. Organize Your Thoughts

- Even without detailed preparation, you can quickly structure your speech by following a simple framework like "**Introduction - Body - Conclusion.**"
- Think of a few supporting points you can talk about, and keep them brief and relevant.

3. Stay Calm and Confident

- Your audience will appreciate your composure. Speak slowly, breathe deeply, and maintain eye contact with your listeners to convey confidence.

4. Use Examples

- Real-life examples, anecdotes, or references to recent events can help you elaborate on a point and make your speech more relatable.

5. Keep It Simple

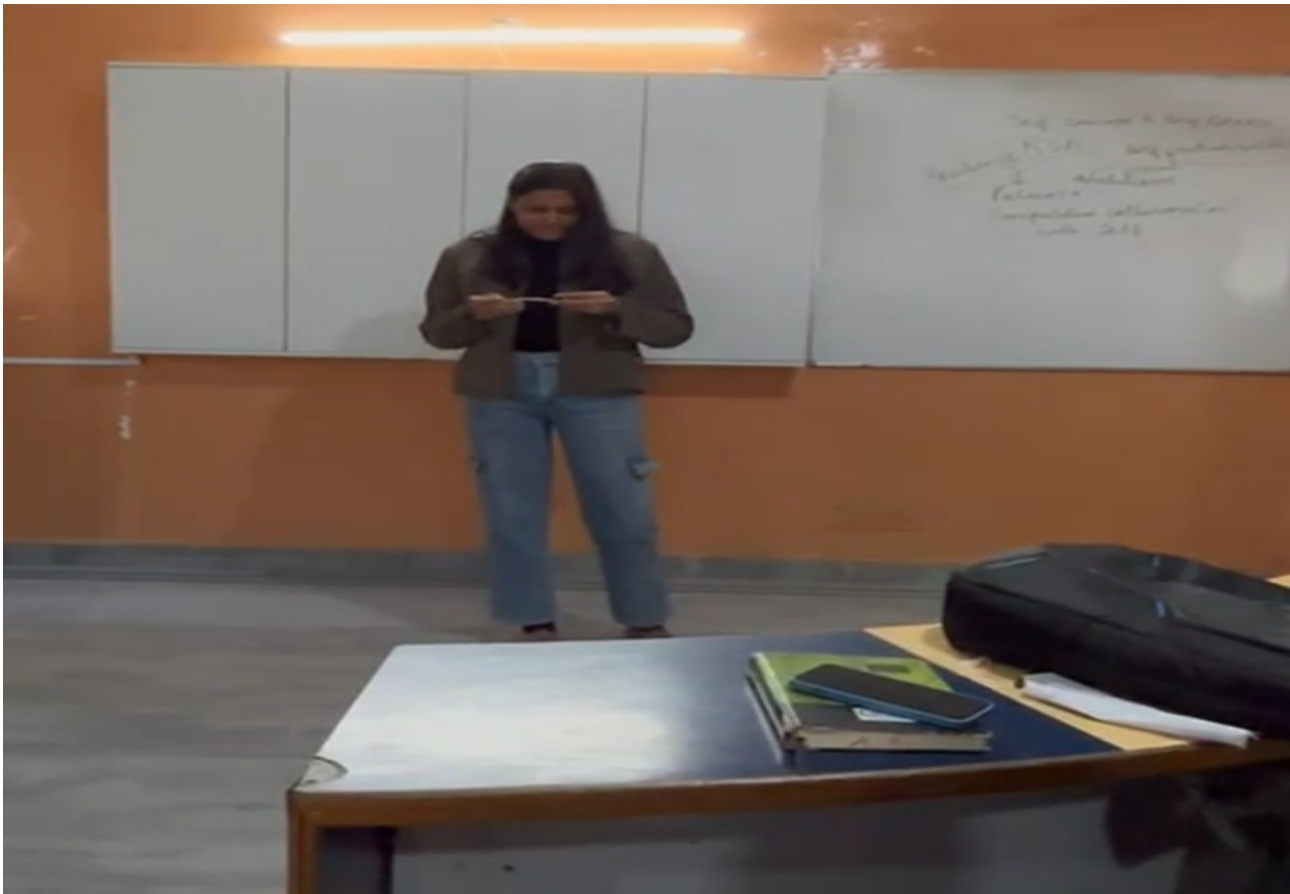
- The key to a good extempore speech is not to overwhelm yourself with too much information. Stick to a few clear points, and avoid rambling.

6. Be Flexible

- Sometimes, extempore speeches might take unexpected turns depending on the audience or how you feel during the speech. Adapt as you go and stay relaxed.
- The importance of **extempore** speaking lies in the development of various skills that are valuable in both personal and professional life. Here are a few key reasons why extempore is important:
- **1. Improves Public Speaking Skills**
 - Extempore helps you get comfortable speaking in front of an audience without preparation. It's a great way to practice speaking confidently, clearly, and with authority. This improves your overall public speaking skills, making you better equipped for formal presentations, interviews, or everyday conversations.
- **2. Enhances Quick Thinking**
 - Since extempore speaking requires you to organize your thoughts quickly, it trains your brain to think on the spot. This ability is useful in situations where you need to respond to questions, offer opinions, or make decisions without much time for reflection.
- **3. Boosts Confidence**
 - Regularly practicing extempore speaking can significantly boost your self-confidence. The more you speak in impromptu situations, the more comfortable you'll feel in handling unexpected speaking opportunities. This builds resilience in your ability to perform under pressure.
- **4. Develops Analytical and Critical Thinking**
 - Extempore speaking encourages you to analyze a topic quickly and present logical arguments. You learn to think critically about the subject at hand, weigh different perspectives, and structure your points coherently and persuasively.
- **5. Improves Communication Skills**
 - The need to deliver clear, concise, and organized speech in extempore improves your ability to communicate effectively in any setting. It helps you avoid rambling and become more articulate, which is a skill that pays off in professional and social environments.
- **6. Fosters Creativity**

- Speaking off-the-cuff encourages creativity because you often have to come up with examples, solutions, or stories on the fly. It helps you develop a more creative and flexible mindset, making it easier to adapt to new challenges.
- **7. Prepares for Unscripted Situations**
- Life and work often involve unscripted moments—whether in meetings, debates, or casual conversations. Extempore training prepares you for these moments, allowing you to handle spontaneous questions or discussions with ease.
- **8. Teaches Time Management**
- In an extempore speech, you have limited time to make your point. This teaches you how to prioritize your ideas and communicate them effectively within a set time frame, a skill that's useful in real-world situations where you need to manage your time efficiently.
- **9. Develops Listening Skills**
- In extempore speeches, you have to quickly understand the given topic or respond to questions from the audience. This sharpens your listening skills and helps you grasp key points quickly, improving your overall communication abilities.
- **10. Boosts Competitiveness**
- In competitive settings like debates, public speaking contests, or interviews, extempore is a key aspect of performance. Mastering extempore allows you to perform better in such competitions, giving you an edge over others who might not be as skilled at thinking and speaking spontaneously.
- In summary, extempore speaking is a valuable skill because it improves both mental agility and communication effectiveness. It not only helps you become a more confident and skilled speaker but also fosters the ability to think critically and creatively in real-time situations.





Presentation skills Practice was conducted with MBA and BBA Students on 11th of September 2024. Presentation Skills are essential for effectively communicating ideas, information, and concepts to an audience. Whether you are delivering a business proposal, a lecture, or sharing an idea with a group, strong presentation

skills can significantly impact how well your message is received. Here are some key components of presentation skills:

1. Clarity and Structure

- **Organize your content:** Structure your presentation with a clear beginning, middle, and end. Start with an introduction to outline what you'll cover, followed by the body where you explain your main points, and end with a conclusion or call to action.
- **Be clear and concise:** Avoid unnecessary jargon and focus on delivering your message clearly. A concise presentation is more likely to engage your audience.

2. Confidence

- **Body language:** Use positive body language such as maintaining good posture, eye contact, and purposeful movements. Avoid crossing your arms or fidgeting, as this can distract from your message.
- **Voice control:** Speak confidently and with appropriate volume. Use varied tone and pace to keep your audience engaged. Avoid speaking too fast, as this can make it difficult for people to follow your ideas.
- **Practice:** Familiarize yourself with the content and rehearse multiple times. This will reduce nervousness and help you deliver your message smoothly.

3. Engagement

- **Know your audience:** Tailor your content to the needs, interests, and knowledge level of your audience. This will help keep them engaged and make the presentation more relevant.
- **Ask questions and involve the audience:** Pose thought-provoking questions or encourage audience participation to keep them actively engaged.
- **Visual aids:** Use slides, charts, videos, or other visual elements to enhance your message. However, avoid overcrowding slides with text. Keep them simple and relevant.

4. Handling Nerves

- **Breathing techniques:** Deep breathing exercises can help calm your nerves and ensure you're speaking clearly.
- **Positive visualization:** Visualize yourself delivering a successful presentation to boost your confidence.
- **Focus on the message, not yourself:** Shift your attention from worrying about how you are performing to focusing on delivering value to your audience.

5. Effective Use of Technology

- **Familiarize with the tools:** Ensure you are comfortable with the technology you're using, such as PowerPoint, projectors, or microphones, to avoid technical glitches.
- **Backup plans:** Be prepared for potential technical issues by having backup copies of your presentation and alternatives for equipment failure.

6. Timing

- **Respect time limits:** Practice your presentation to ensure it fits within the allotted time. Being mindful of time shows respect for your audience's schedule.
- **Pacing:** Avoid rushing through slides too quickly or lingering too long on one point. A balanced pace ensures that your audience can absorb the information.

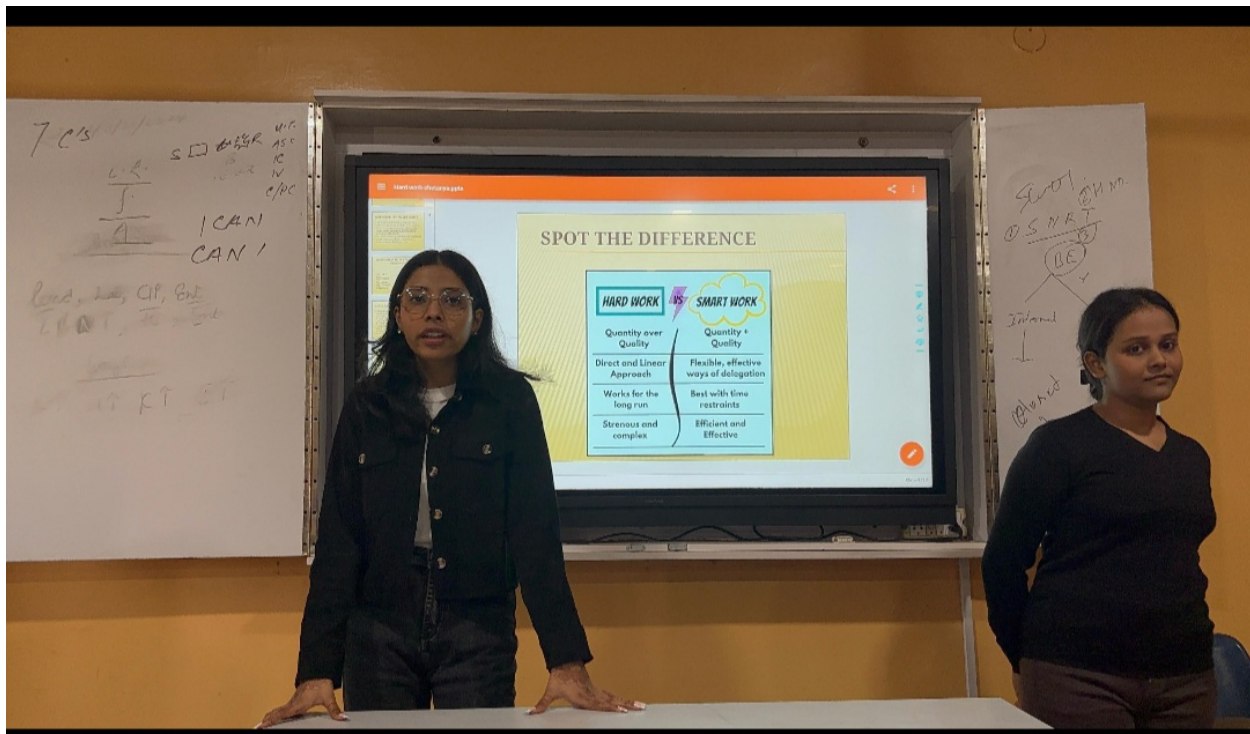
7. Conclusion and Q&A

- **Summarize key points:** In the conclusion, briefly recap the main takeaways from your presentation.
- **Q&A session:** Be prepared for questions and answer them confidently. If you don't know an answer, it's okay to say you'll follow up after the presentation. Stay composed and open during this segment.

8. Feedback and Improvement

- **Seek feedback:** After the presentation, ask for feedback to improve your skills. Consider both positive aspects and areas for growth.
- **Self-reflection:** After each presentation, reflect on what went well and what could be improved for future presentations.











Group discussion (GD) was conducted with BCA 2nd year students on 12th of October 2024. Group Discussion is an important activity that involves multiple participants sharing their thoughts, opinions, and ideas on a specific topic or problem. It's commonly used in academic settings, workplaces, and interviews, as it assesses how well individuals communicate, collaborate, and think critically in a group environment. Here's a breakdown of **group discussion skills** and how to participate effectively:

1. Understanding the Purpose of Group Discussion

- **Exchange of Ideas:** The primary goal is to exchange ideas and insights on a given topic. Participants share their views, support or challenge others' opinions, and contribute to the discussion's flow.
- **Collaboration:** GDs assess how well participants can work together, respect others' opinions, and collectively move toward a conclusion or solution.
- **Communication Skills:** It tests your ability to express your thoughts clearly and listen attentively, which are vital skills for success in any professional environment.

2. Key Skills for Effective Group Discussion

a. Active Listening

- **Pay attention to others:** Instead of just waiting for your turn to speak, listen carefully to what others are saying. This shows respect and ensures your responses are relevant.
- **Non-verbal cues:** Nodding or maintaining eye contact with the speaker shows that you are engaged and attentive.
- **Avoid interrupting:** Allow others to finish their thoughts before responding. Interrupting can appear rude and hinder the flow of conversation.

b. Clear and Concise Communication

- **Express your views confidently:** Speak clearly and confidently, ensuring your points are well-articulated. Avoid speaking too fast or too slowly.
- **Stick to the topic:** Keep your points relevant to the discussion topic. Off-topic discussions or rambling can confuse or disengage others.
- **Support your ideas with examples:** Back up your opinions with facts, examples, or personal experiences to add credibility to your arguments.

c. Respecting Other Viewpoints

- **Acknowledge others' opinions:** Even if you disagree, acknowledge the validity of others' views by saying something like, "I understand your point, but I think..." or "That's an interesting perspective, however..."
- **Maintain a calm demeanor:** Group discussions can sometimes become heated. Keeping a calm tone, even in disagreements, helps the discussion remain productive.
- **Encourage quieter participants:** If someone hasn't spoken for a while, it can be helpful to invite them into the discussion by saying, "What do you think about this, [name]?"

d. Time Management

- **Be mindful of time:** If you're discussing in a timed session, ensure that you don't spend too much time on one point. Balance your contributions to allow others to speak as well.
- **Contribute at the right moment:** Don't dominate the conversation, but don't wait too long to contribute either. Make your points when you feel it adds value to the discussion.

e. Critical Thinking

- **Analyze and evaluate:** Don't just agree with everything that's said. Evaluate the arguments and respond with thoughtful analysis, offering new perspectives or solutions.
- **Offer solutions:** If the group is discussing a problem, offer constructive solutions, not just criticism.
- **Stay objective:** Avoid personal biases. Focus on facts, logic, and reason rather than emotions or assumptions.

f. Collaboration and Teamwork

- **Work towards a common goal:** In many cases, GDs aim to reach a consensus or decide on a plan of action. Help guide the discussion toward this goal.

- **Build on others' ideas:** Instead of repeating the same points, try to build on others' ideas by saying, "I agree with [name], and I would also like to add..." This shows you're contributing to the group's progress.
- **Be flexible:** Be willing to adjust your opinions as new information comes up in the discussion.

g. Conclusion

- **Summarize key points:** As the discussion wraps up, try to summarize the main points that were covered, especially if you're the group leader. This helps bring the discussion to a close and gives everyone a sense of closure.
- **Propose next steps or solutions:** If appropriate, suggest actionable next steps or solutions that the group can take based on the discussion.

3. The Stages of a Group Discussion

a. Introduction Stage

- The moderator or group leader usually introduces the topic and sets the tone for the discussion. In some cases, you may have a chance to introduce yourself and your perspective on the topic.
- Keep your introduction brief, but make sure it's clear. You might want to mention the importance of the topic or your general opinion about it.

b. Discussion Stage

- This is where the main conversation happens. Participants express their views, ask questions, and provide counter-arguments. Your goal here is to communicate your points clearly and listen to others.
- As the discussion progresses, you may need to respond to others' points or adjust your own ideas.

c. Conclusion Stage

- A conclusion often helps wrap up the discussion. If you're leading the discussion, try to summarize key points and highlight the most important takeaways.
- You may also discuss next steps or recommendations if the group was solving a problem or making decisions.

4. Types of Group Discussions

- **Topical Discussions:** Focus on a specific topic, such as "Climate Change" or "The Impact of Social Media." These discussions test how well participants can organize their thoughts on a given issue.
- **Problem-Solving Discussions:** In these, the group must solve a particular problem or make a decision. For example, "How should a company address declining sales?"
- **Debates:** One side argues in favor of an idea, while the other side argues against it. This tests participants' ability to defend their opinions and present logical arguments.

5. Common Mistakes to Avoid in Group Discussions

- **Interrupting others:** Constantly interrupting or speaking over others can disrupt the flow and show disrespect.
- **Dominating the discussion:** It's important to let everyone have a chance to speak. Over-participating can alienate other group members.
- **Speaking too little:** On the flip side, speaking too little can make you seem disengaged or uninterested in the topic. Aim for a balanced contribution.
- **Being unprepared:** Not having enough knowledge or background on the topic can make it harder for you to contribute meaningfully.
- **Being defensive:** If someone disagrees with you, instead of becoming defensive, stay calm and respectfully explain your point of view.

6. Tips for Group Discussion Success

- **Prepare ahead of time:** If you know the topic in advance, do some research. This will help you feel more confident and ready to contribute.
- **Stay calm and composed:** If you get nervous, take a deep breath and focus on the topic at hand. A calm demeanor makes you appear confident and helps the discussion flow smoothly.
- **Use examples and facts:** Back up your points with relevant examples, statistics, or data to make your argument more persuasive.
- **Be respectful:** Maintain respect for others, even if you disagree. Respectful communication helps foster a positive environment where ideas can flow freely.

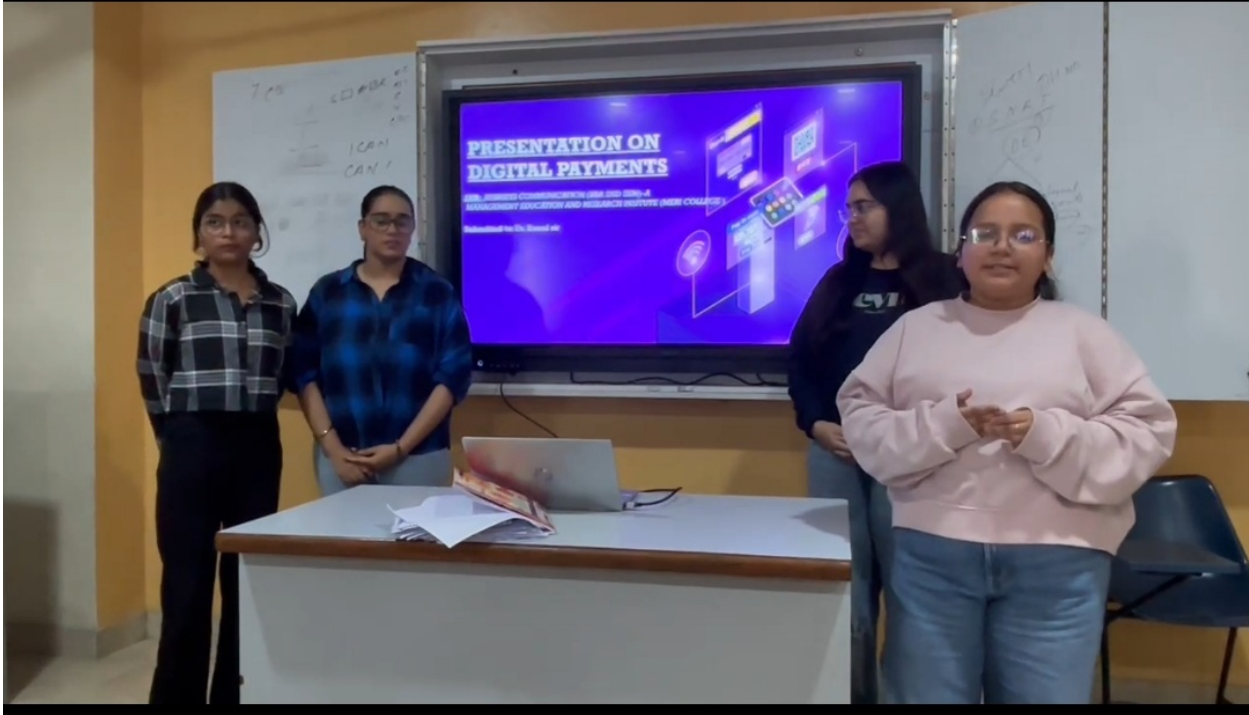
Conclusion

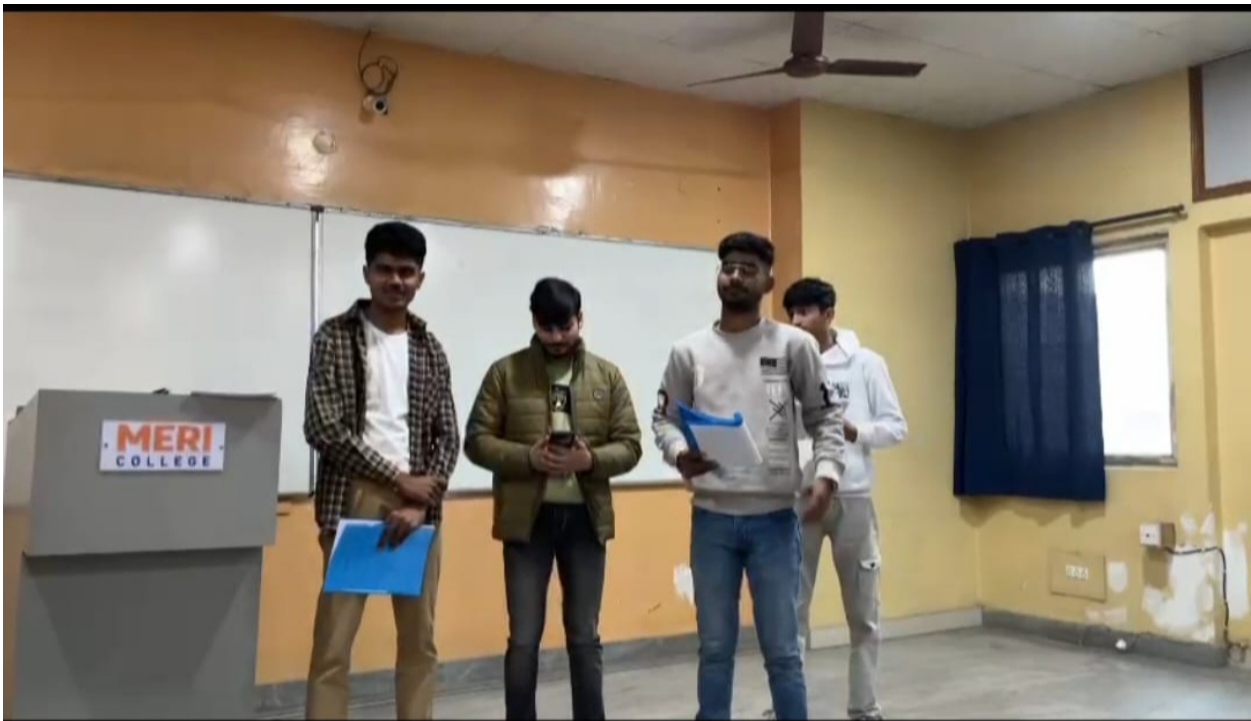
A successful group discussion relies on a balance of active participation, listening, critical thinking, and respect for others. By honing your communication and collaboration skills, you can not only contribute effectively to group discussions but also showcase leadership qualities. Whether you're preparing for a formal GD in a job interview or just participating in a casual team discussion, these skills will help you navigate the conversation



with ease.

Presentation skills activity was conducted for MBA Students on 23rd of March 2025, Presentation Skills are crucial for effectively communicating ideas, influencing others, and engaging an audience. Whether you're giving a formal presentation at work, presenting a school project, or speaking at a conference, mastering presentation skills can significantly enhance your ability to convey your message clearly and confidently. Below is an overview of key **presentation skills**, tips for improvement, and strategies to excel when presenting.







Reading skills Session was conducted with B.Comm (Hons). Students on 23 of November 2024, Reading Skills are crucial for understanding, processing, and analyzing information from texts. These skills are important for academic success, professional communication, and personal development. Effective reading involves more than just decoding words—it requires the ability to engage with the material, think critically, and retain and apply the information. Below are key **reading skills**, why they are important, and how to improve

them:

1. Phonemic Awareness

- **Definition:** The ability to recognize and manipulate the sounds in spoken words.
- **Importance:** Phonemic awareness is foundational for learning how to read. It helps in understanding the relationship between letters and their corresponding sounds.
- **Improvement Tips:**
 - Practice with rhyming games or songs.
 - Break down words into their individual sounds and blend them together.

2. Decoding (Word Recognition)

- **Definition:** The ability to sound out and recognize words, turning written text into meaningful language.
- **Importance:** Decoding allows readers to read unfamiliar words and understand the text without relying on memorization.
- **Improvement Tips:**
 - Practice reading aloud to improve fluency and word recognition.
 - Focus on learning sight words that appear frequently in texts and cannot be easily decoded.

3. Vocabulary Development

- **Definition:** The ability to understand and use a wide range of words effectively.
- **Importance:** A broad vocabulary improves comprehension, communication, and the ability to engage with complex texts.
- **Improvement Tips:**
 - Read a variety of texts to encounter new words.
 - Use context clues to guess the meaning of unfamiliar words.
 - Keep a vocabulary journal or use flashcards to reinforce new words.

4. Fluency

- **Definition:** The ability to read smoothly and with expression, without stumbling over words.
- **Importance:** Fluency is crucial for comprehension because it allows readers to focus on the meaning of the text, rather than on decoding individual words.
- **Improvement Tips:**
 - Practice reading aloud with expression.
 - Read regularly to build confidence and fluency in different types of texts.
 - Use a timer or app to help track reading speed and fluency.

5. Comprehension

- **Definition:** The ability to understand, interpret, and analyze the meaning of a text.
- **Importance:** Comprehension is essential for learning and retaining information. Without it, reading is just recognizing words without gaining any meaning.
- **Improvement Tips:**
 - After reading, summarize the main ideas in your own words.
 - Ask questions about the text to deepen your understanding.
 - Highlight key points or take notes while reading.
 - Reread difficult sections or use reference materials to clarify concepts.

6. Critical Reading

- **Definition:** The ability to analyze and evaluate the information in a text, questioning the author's purpose, arguments, and evidence.
- **Importance:** Critical reading helps readers develop an in-depth understanding of texts, identify biases, and assess the validity of arguments.
- **Improvement Tips:**
 - Ask yourself questions as you read, such as, “What is the author’s main argument?” or “What evidence is being presented?”
 - Compare different perspectives on the same topic.
 - Reflect on the text’s relevance and implications in real life.

7. Skimming and Scanning

- **Skimming:** Quickly glancing through a text to get the general idea.
- **Scanning:** Searching through a text to find specific information (e.g., a date, name, or key term).
- **Importance:** These techniques are useful for reading large amounts of material quickly or finding specific pieces of information efficiently.
- **Improvement Tips:**
 - Practice skimming by reading the introduction and conclusion of articles or books to get the main points.
 - When scanning, focus on keywords or numbers and move your eyes quickly over the text.

8. Inference

- **Definition:** The ability to read between the lines and make logical conclusions based on the text, even if they are not explicitly stated.
- **Importance:** Inference allows readers to understand deeper meanings, themes, and implications of a text.
- **Improvement Tips:**
 - Think about what the author is implying rather than just stating directly.
 - Use context clues from the text to make logical guesses about missing information.
 - Practice by discussing texts and considering what conclusions can be drawn from indirect information.

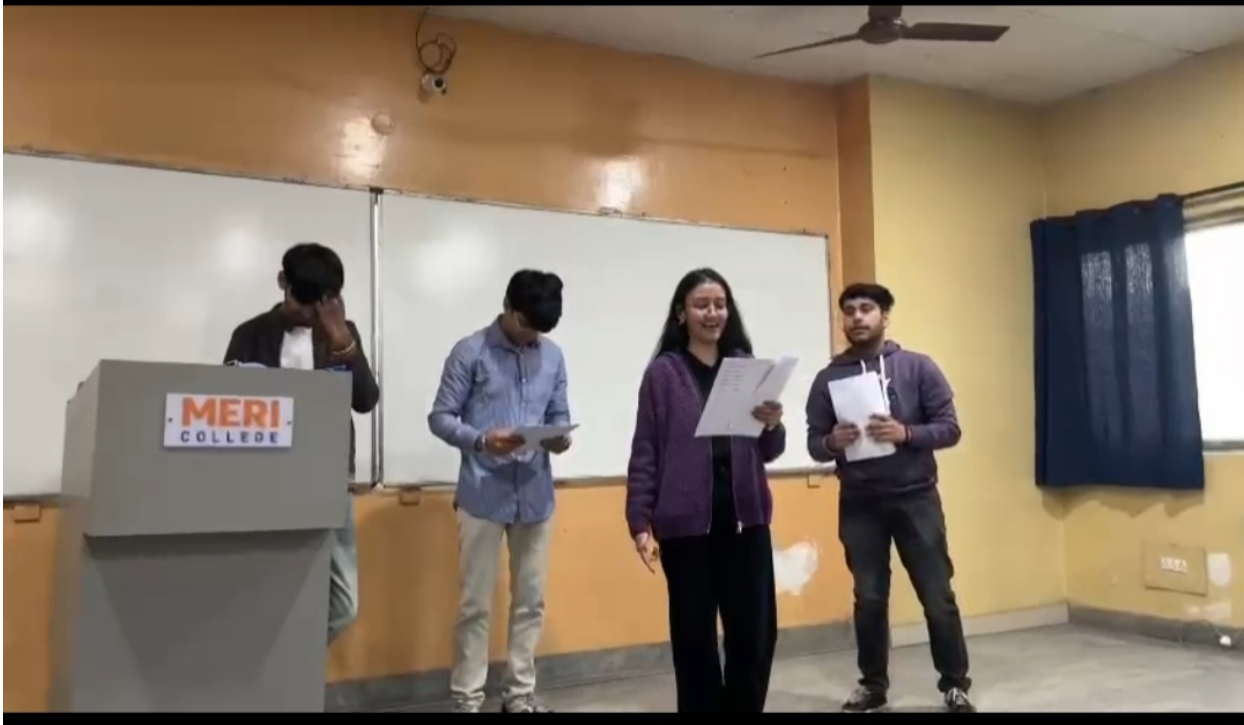
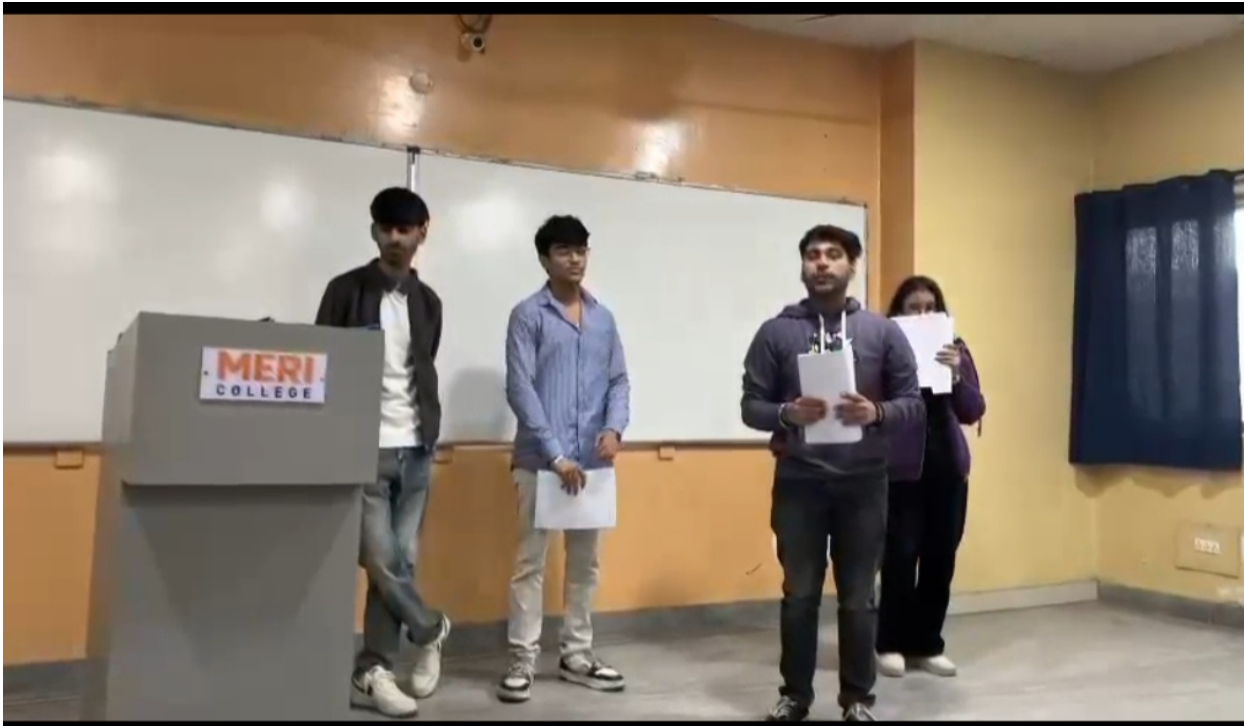
9. Summarization

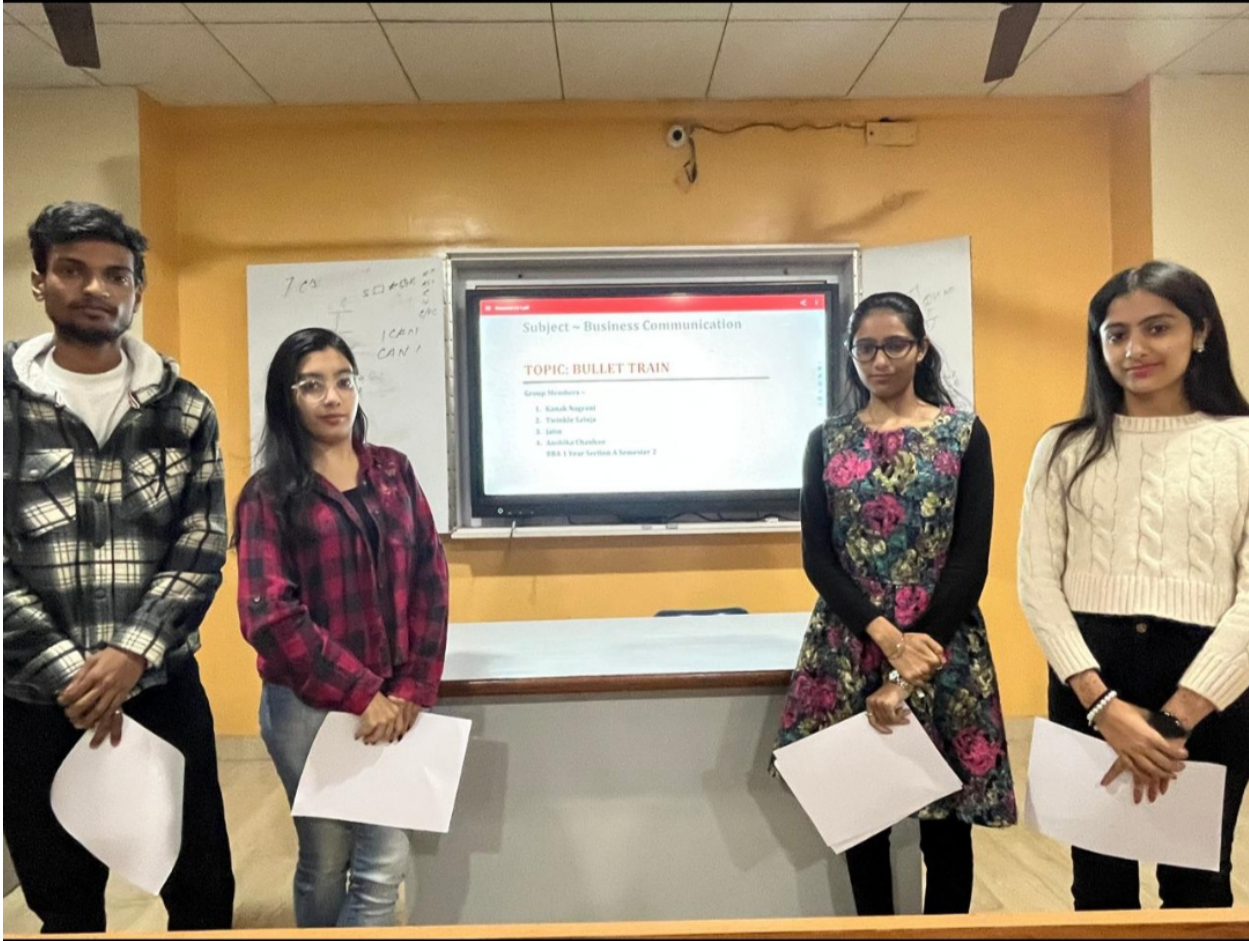
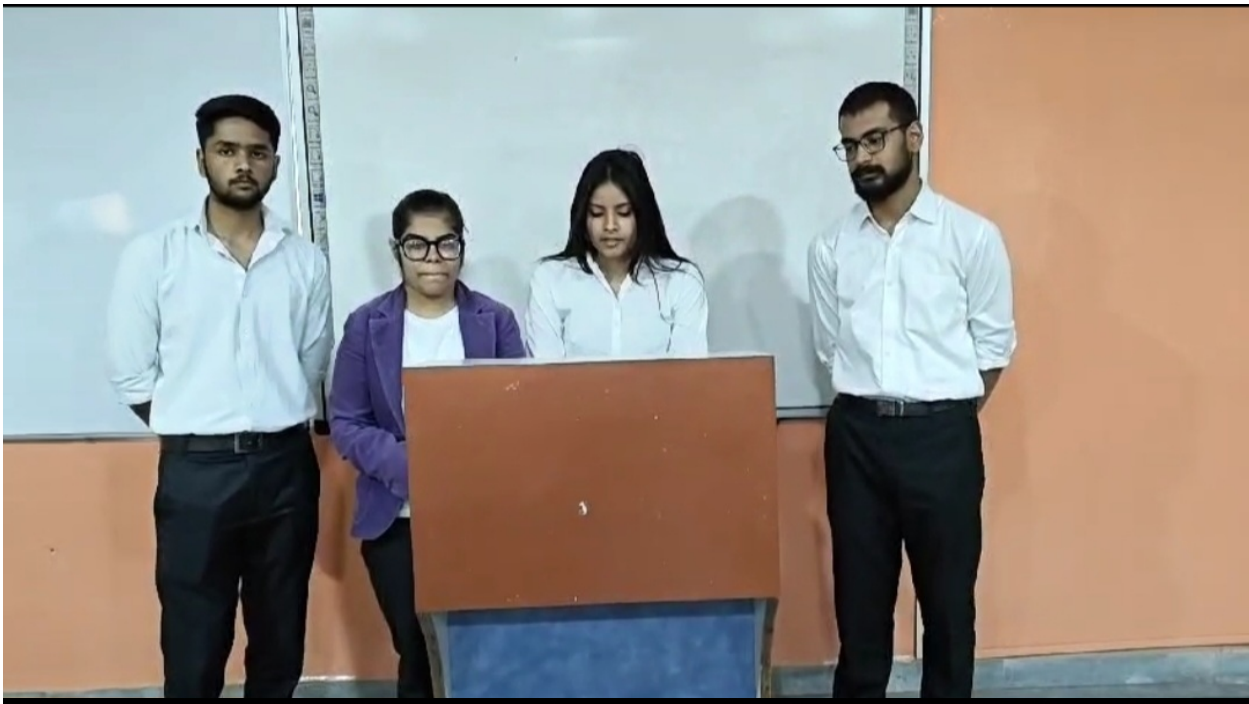
- **Definition:** The ability to condense a long passage of text into its key points without losing essential meaning.
- **Importance:** Summarization helps in retaining the most important information and in communicating that information effectively.
- **Improvement Tips:**
 - After reading a section, pause and summarize the key ideas in one or two sentences.
 - Practice condensing longer articles or chapters into a brief summary.

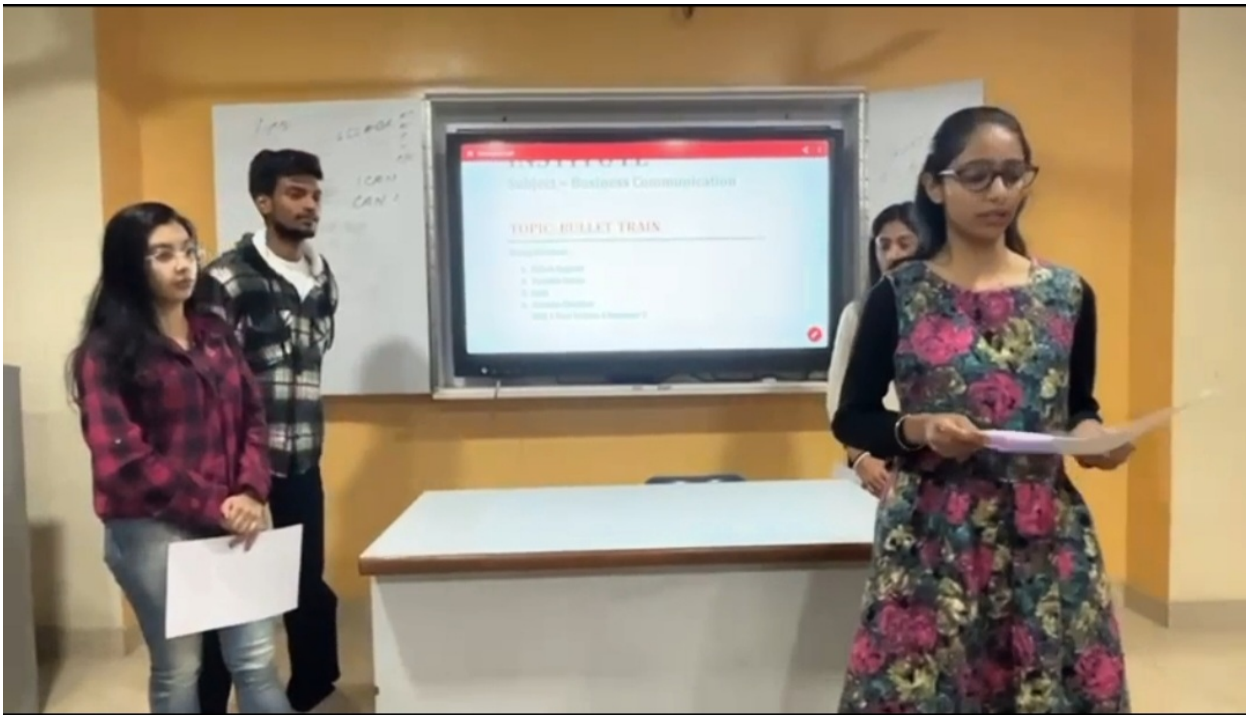
10. Reading Speed

- **Definition:** The ability to read at an appropriate pace for the material and the task at hand.
- **Importance:** Speed is important for efficiency, especially when dealing with large volumes of text.
- **Improvement Tips:**

- Practice reading a variety of texts at different speeds—slow for complex materials and faster for lighter reading.
- Set time goals to read a set number of pages or words in a specific time frame.
- Avoid re-reading the same sections over and over unless necessary.



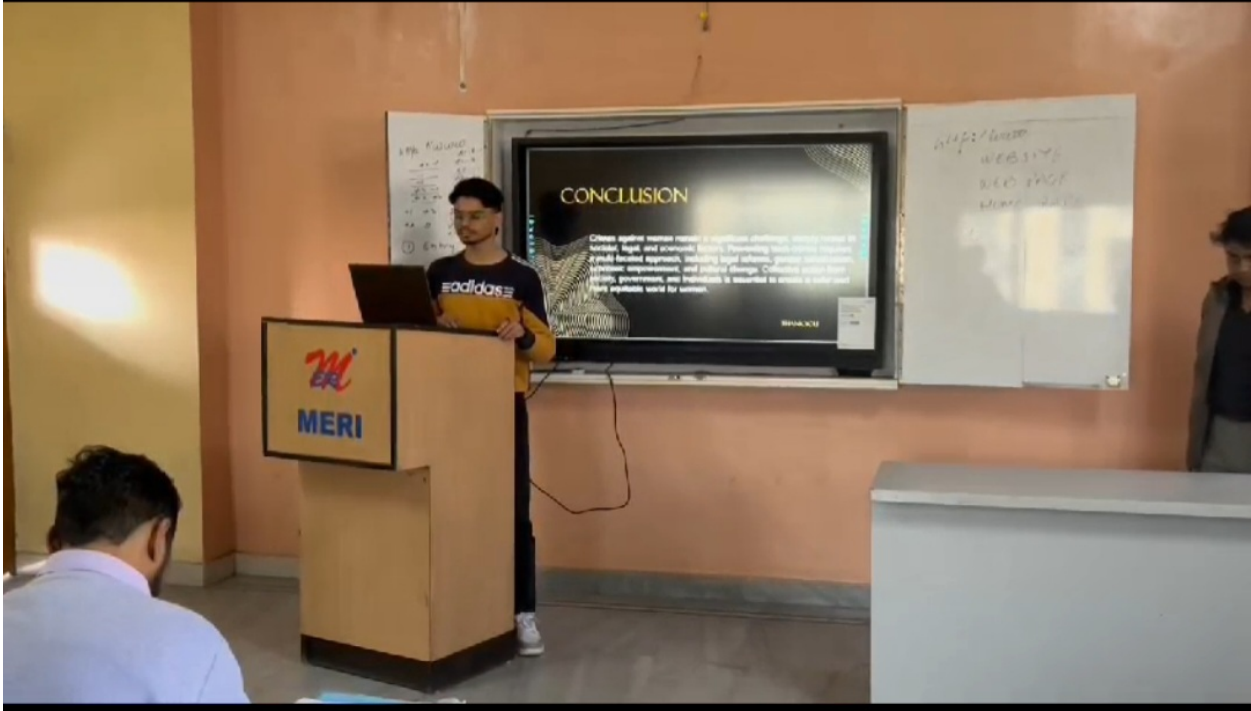


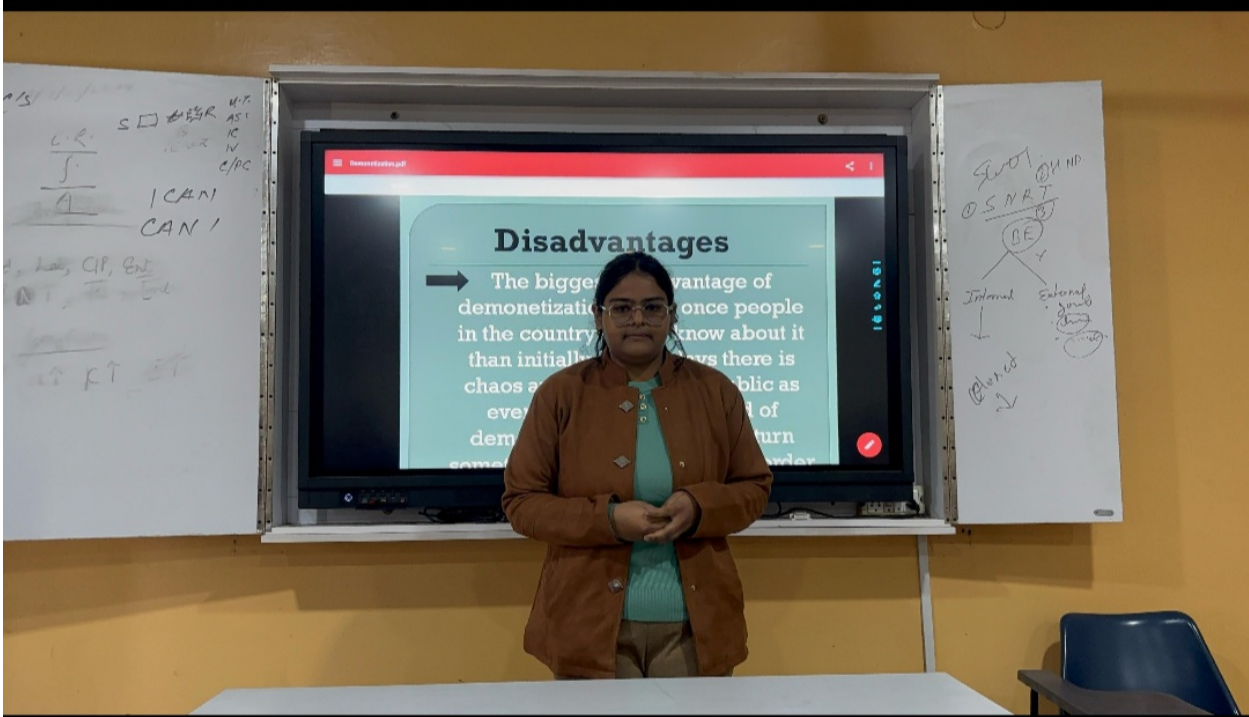
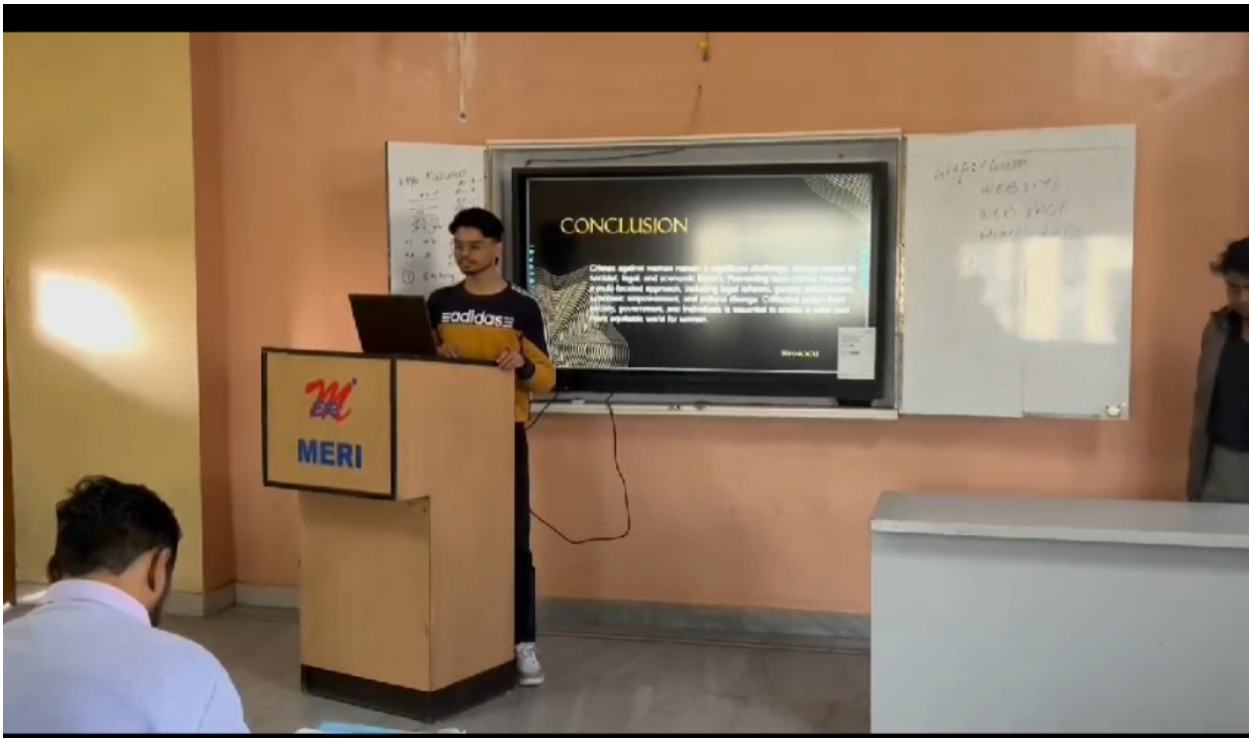


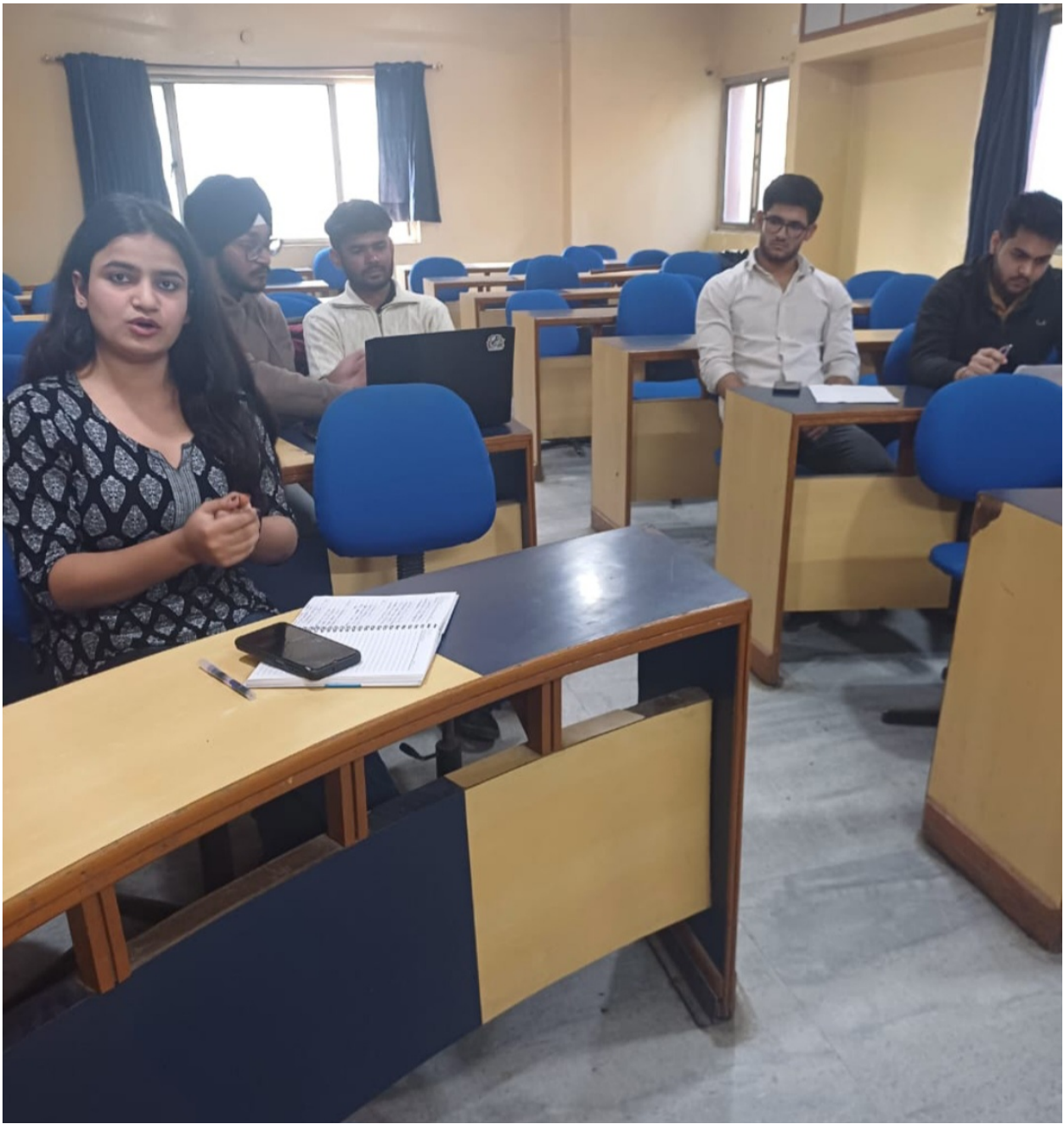


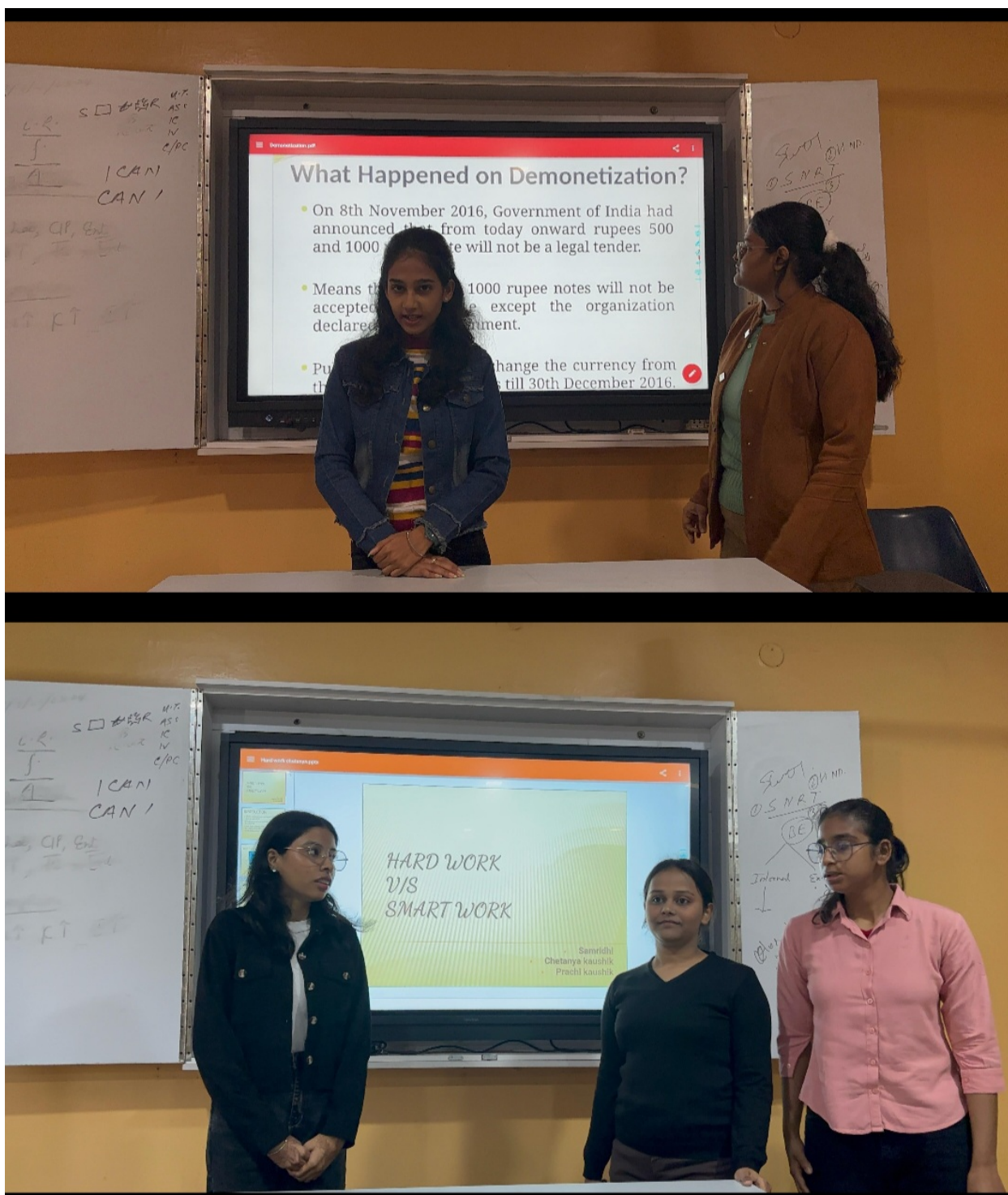












Group discussion (GD) was conducted with BBA and BBA Students on 27th of March 2025, GD skills are crucial for effective communication, decision-making, and collaboration in both professional and academic settings. Whether you're in a job interview, a classroom setting, or working with colleagues on a project, mastering group discussion skills can help you contribute positively to the conversation and stand out as a valuable participant. Here are key skills for participating successfully in group discussions:

1. Listening Skills

- **Active listening:** Pay close attention to what others are saying without interrupting. Acknowledge their points with nods or brief verbal affirmations like "I see" or "That's a good point."

- **Understanding before responding:** Make sure you fully understand the speaker's point before responding. This prevents misunderstandings and helps you engage more effectively.
- **Non-verbal cues:** Show that you're engaged by maintaining eye contact and nodding occasionally. Avoid distractions like checking your phone or looking around the room.

2. Clear Communication

- **Express your thoughts clearly:** Be concise and articulate when speaking. Avoid using unnecessary jargon or overly complex sentences.
- **Stay on topic:** Ensure that your contributions are relevant to the subject matter. Avoid deviating into unrelated tangents.
- **Summarize when necessary:** If the discussion is moving too fast, it can be helpful to summarize key points for clarity, e.g., "So, we are all in agreement that the primary issue is..."

3. Respect for Others' Opinions

- **Be open-minded:** Respect the viewpoints of others, even if you don't agree. Acknowledge differing opinions before presenting your own, such as, "I understand your point, but I believe..."
- **Stay calm and composed:** Avoid getting defensive or argumentative. If the discussion becomes heated, maintain a calm demeanor and focus on finding common ground.
- **Encourage participation:** If others are silent, invite them to share their thoughts by saying, "I'd love to hear your perspective on this."

4. Body Language

- **Positive posture:** Sit up straight with your shoulders back. Avoid slouching or crossing your arms, which may convey disinterest or defensiveness.
- **Eye contact:** Make eye contact with people when they are speaking, and when you speak, address the group, not just one individual.
- **Facial expressions:** Your facial expressions should reflect your engagement and understanding of the conversation. Smiling and nodding can show agreement and appreciation.

5. Assertiveness

- **Speak confidently:** Don't be afraid to speak up and share your opinions, but do so in a respectful manner. Being assertive helps you contribute without overpowering the discussion.
- **Use "I" statements:** For example, "I think..." or "In my opinion..." to clearly present your perspective without sounding like you are dictating what should be done.
- **Find opportunities to lead:** If the discussion is going off track, gently guide the conversation back to the topic by saying, "Let's return to discussing the issue of..."

6. Team Spirit and Collaboration

- **Work as a team:** Group discussions often require collaboration. Be open to others' suggestions and work together toward a collective goal.
- **Support others:** If someone makes a good point, acknowledge it, or build on it by saying, "I agree with what [name] just said and I'd like to add..."
- **Encourage consensus:** In cases where the discussion may split into different opinions, aim for a consensus or compromise solution. Ask, "Can we find common ground on this?"

7. Time Management

- **Be concise:** Avoid rambling or dominating the discussion. Make your point clearly and then allow others to contribute.
- **Respect time limits:** If the discussion has a set time limit, keep track of time and ensure that all important points are covered before the time runs out.
- **Manage interruptions:** If someone keeps interrupting, politely say, “I’d like to finish my point, and then I’m happy to hear your thoughts.”

8. Handling Disagreements

- **Respectful disagreement:** When you disagree with someone, do it respectfully. Use phrases like, “I see your point, but I have a different perspective...” rather than outright dismissing their ideas.
- **Stay constructive:** Focus on the issue rather than attacking individuals. Make suggestions on how to resolve the disagreement or move forward.
- **Find solutions:** If there's a disagreement, try to steer the conversation toward finding a practical solution rather than focusing on the problem.

9. Critical Thinking and Problem-Solving

- **Analyze the topic:** Assess the situation critically, and present well-thought-out points that add value to the discussion.
- **Support your arguments:** When presenting a point of view, back it up with facts, examples, or reasoning.
- **Be open to changing your mind:** If new information is presented, be willing to adjust your stance.

10. Conclusion and Summarization

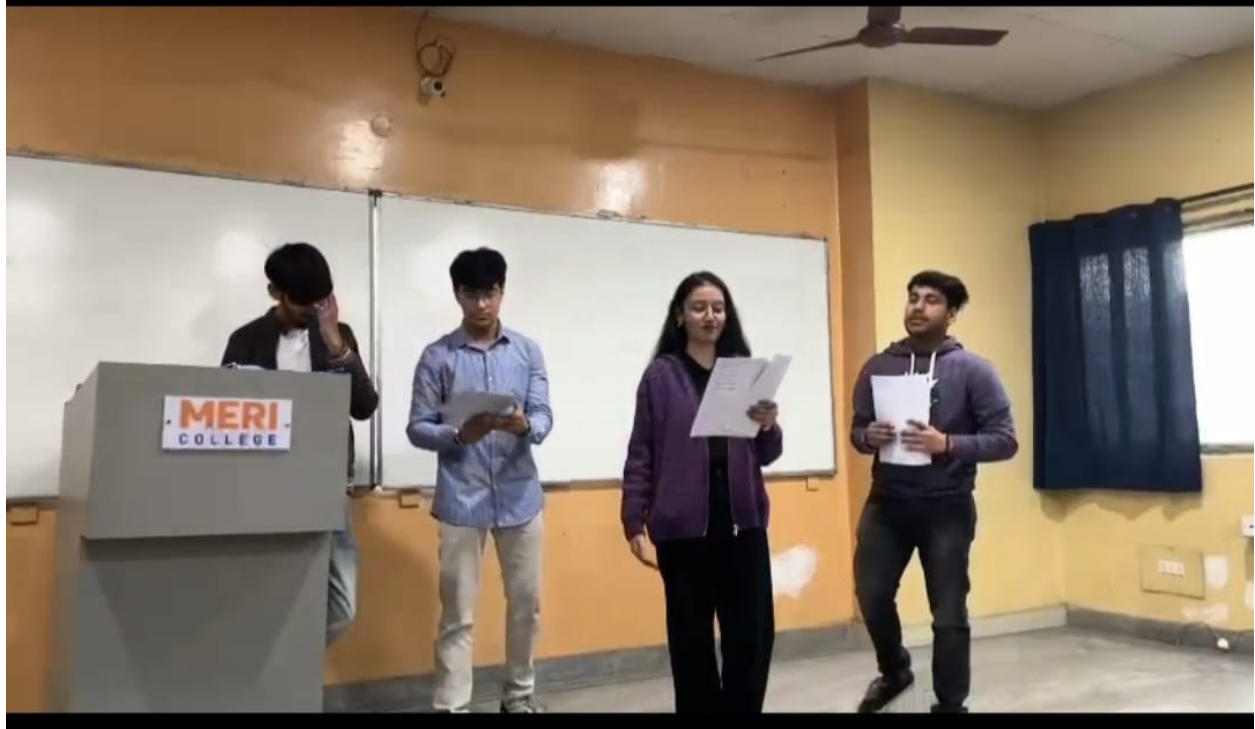
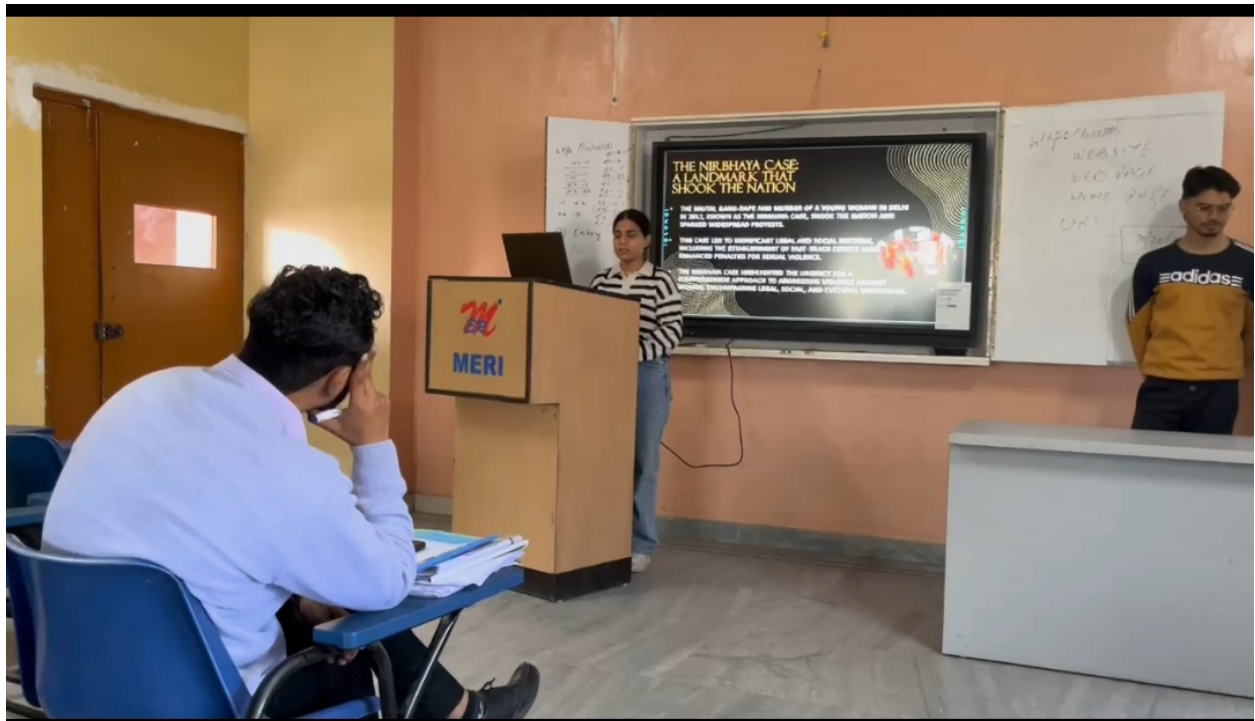
- **Summarize key points:** If you're leading the discussion or as the conversation draws to a close, summarize the key points discussed and possible solutions.
- **Suggest next steps:** Propose actionable steps or a conclusion based on the discussion. For example, "Based on our discussion, the next step could be..."

Additional Tips:

- **Practice active participation:** Aim to contribute at regular intervals rather than waiting too long or speaking too often.
- **Stay calm under pressure:** In a stressful situation, such as a group discussion during a job interview, try to stay calm, think critically, and remain poised.









Engaging in Random Topic Discussions can be quite valuable, whether in a casual setting, a workplace, or a structured environment. Here's why **random topic discussions** are important: and it was conducted for BBA, BCA and MBA Students on 3rd of May 2025.

1. Fostering Creativity and Open-Mindedness

- **Encourages thinking outside the box:** When you engage in random discussions, you might explore ideas you wouldn't typically consider. This can spark creativity and new ways of thinking that you can apply in various situations, whether it's problem-solving at work or brainstorming ideas for a project.
- **Breaking mental patterns:** Random topics force you to step outside your usual routine and habitual thinking, helping you see things from different angles. This often leads to innovative ideas.

2. Improving Communication Skills

- **Sharpening articulation:** Random discussions challenge you to express your thoughts clearly and concisely. You need to be able to articulate ideas on topics that may not be in your area of expertise, helping you improve your communication skills.
- **Enhancing active listening:** By discussing unfamiliar topics, you naturally need to listen carefully to others, as you might not have all the answers. This helps build strong listening skills, which are essential in all areas of life.
- **Learning to engage with diverse perspectives:** A random topic might introduce viewpoints or information you hadn't considered, helping you broaden your understanding of the world.

3. Strengthening Relationships

- **Building rapport:** Casual and random conversations can help you form stronger connections with others. It allows people to share personal thoughts, experiences, and interests, making interactions feel more natural and meaningful.
- **Breaking the ice:** Random topics are often great icebreakers in social settings, especially when meeting new people. They can help you move past the formalities and build a more comfortable environment for conversation.

4. Improving Flexibility and Adaptability

- **Thinking on your feet:** When engaging in a random topic discussion, you need to be adaptable and respond quickly. This trains your ability to think fast and adjust your approach as the conversation evolves.
- **Being prepared for the unexpected:** Life is often unpredictable, and the ability to handle random topics or situations with ease makes you more versatile in both social and professional settings.

5. Promoting Critical Thinking

- **Encouraging problem-solving:** Even a random topic can trigger your ability to analyze and form solutions. For instance, discussing an unexpected issue like "the role of AI in everyday life" could require you to critically assess both the benefits and risks of such technology.
- **Exploring different perspectives:** Random topics allow you to explore various sides of an issue, helping you develop well-rounded viewpoints that aren't just limited to your own experiences.

6. Broadening Knowledge

- **Learning something new:** You might discover something completely new while engaging in a random discussion. It's a great opportunity to learn about topics you wouldn't usually dive into.
- **Expanding general knowledge:** Random discussions can increase your overall awareness on a wide range of subjects, from pop culture to scientific developments. This breadth of knowledge can be helpful in both professional and personal contexts.

7. Building Confidence in Conversations

- **Becoming more comfortable with uncertainty:** Engaging in discussions on topics you're unfamiliar with builds your confidence in handling uncertainty. The more you engage in these types of conversations, the more comfortable you become with not always having all the answers.
- **Developing your conversational style:** You learn how to navigate discussions, inject humor, ask insightful questions, and keep conversations flowing, which all contributes to better social interactions.

8. Stress Relief and Fun

- **Decompressing:** Engaging in random, light-hearted discussions can be a great stress reliever. It allows you to step away from intense work or personal issues and enjoy the freedom of simply chatting about something fun or silly.
- **Encouraging playfulness:** These kinds of discussions allow for more relaxed, playful exchanges. When people talk about random things, there's often room for jokes, banter, and enjoyable interactions, which can enhance your overall mood.

9. Boosting Emotional Intelligence

- **Empathy:** Talking about different subjects with people from various backgrounds or with different experiences helps build empathy, as you learn to understand and respect others' perspectives.
- **Conflict management:** In random discussions, you may occasionally encounter differing opinions or debates, which gives you practice in handling conflicts in a constructive, respectful manner.

10. Boosting Team Cohesion

- **Building team spirit:** In a workplace or group setting, random discussions can create a sense of camaraderie and help team members connect on a personal level. This can improve collaboration and trust within teams.
- **Encouraging creativity in teams:** Teams that engage in random, open-ended discussions are often more innovative, as brainstorming in a relaxed environment can foster new ideas and solutions.

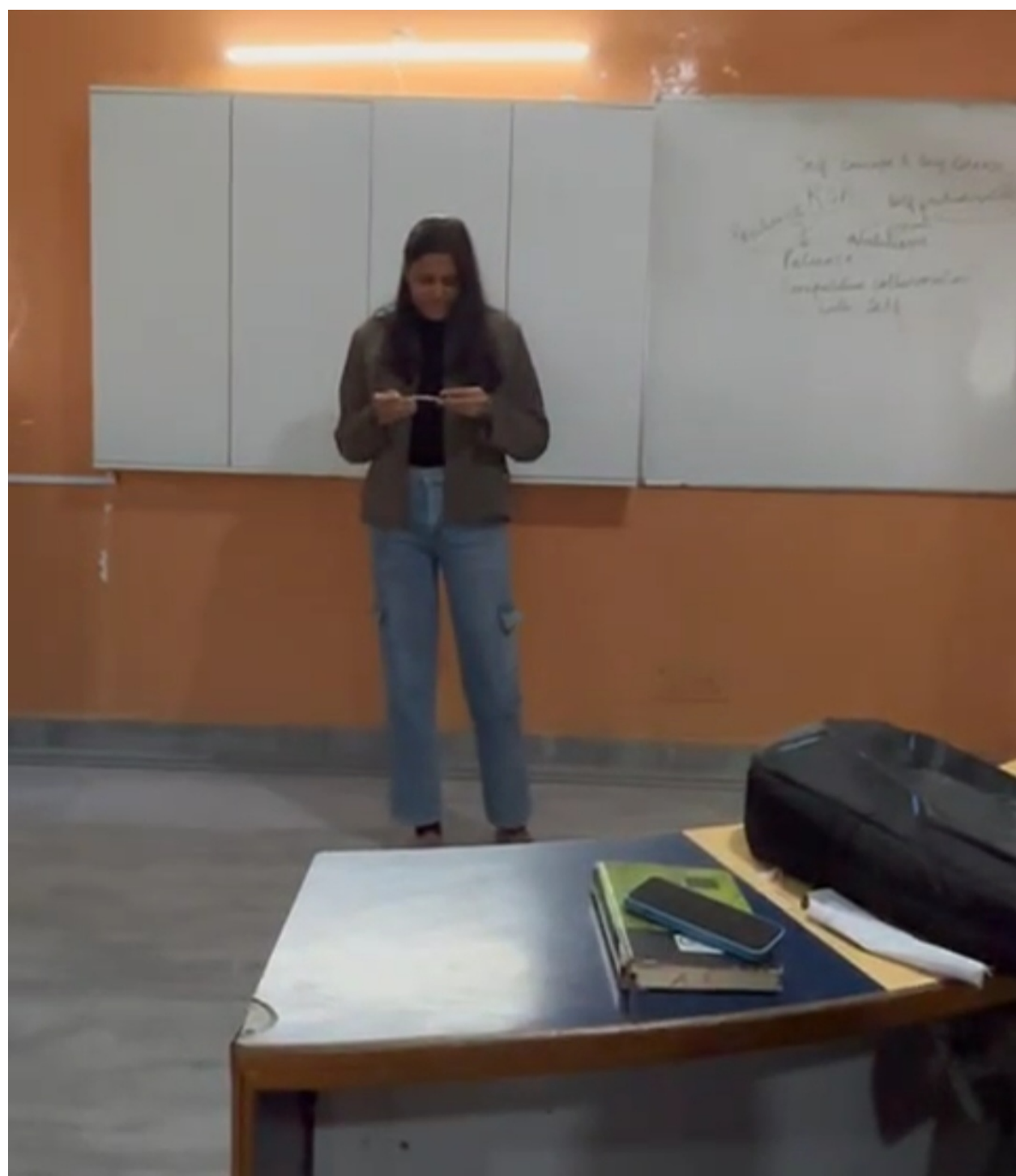
Example Random Topics for Discussion:

- **The role of social media in shaping opinions:** How does social media affect the way we form beliefs and opinions today?
- **The rise of virtual reality (VR) in entertainment:** Will VR completely change how we experience movies, games, and even live events?
- **Time travel: Is it theoretically possible?:** Discuss the science and theories behind time travel and whether it could ever become a reality.
- **The future of space exploration:** What will humanity's role in space exploration look like in the next 50 years?

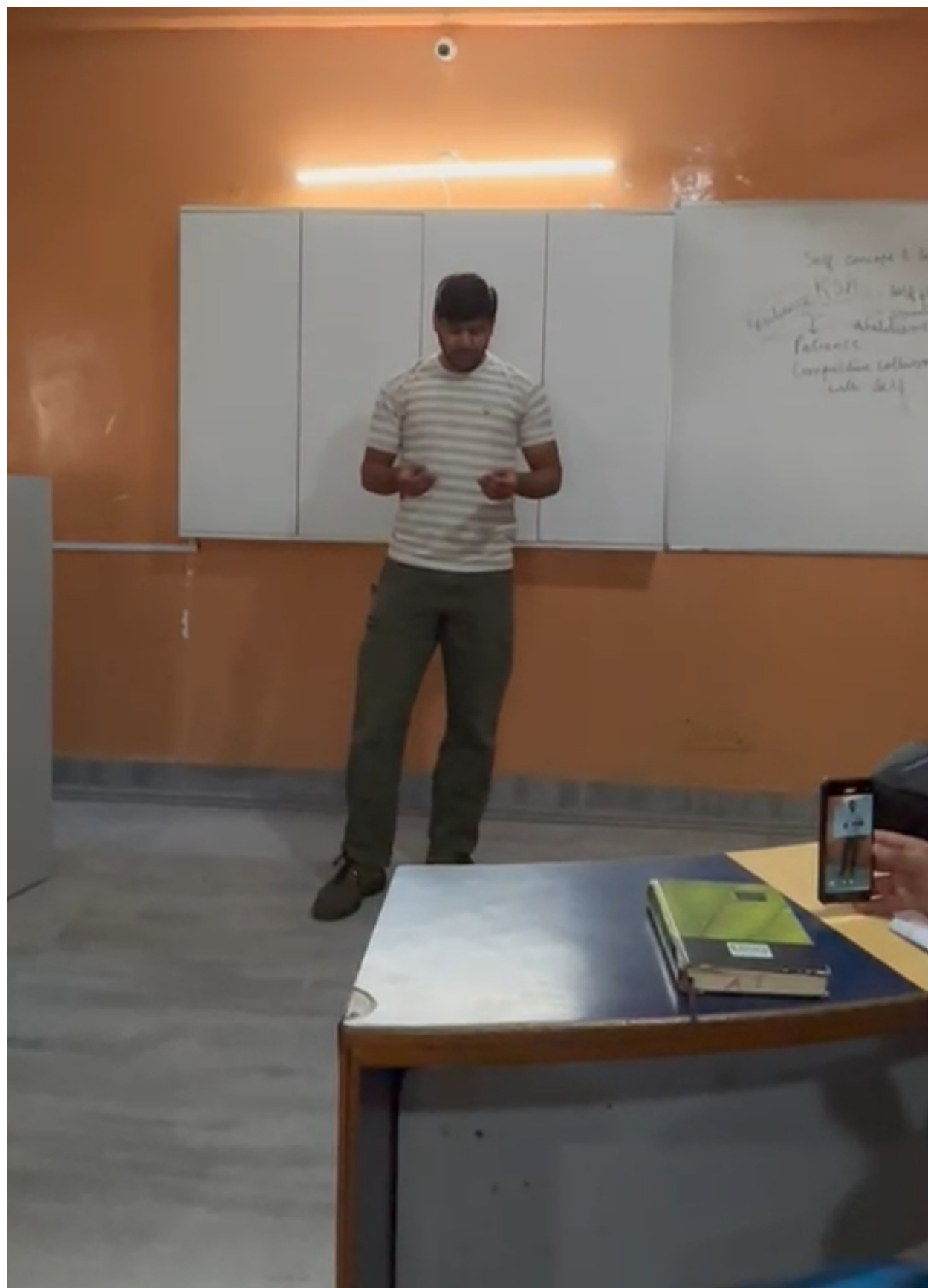
Conclusion:

Random topic discussions are more than just a fun way to pass time—they offer a wealth of benefits, from personal growth and improved social connections to enhancing creativity and problem-solving abilities. Engaging in these discussions regularly can make you a better communicator, listener, and critical thinker, all while expanding your knowledge and broadening your perspectives.



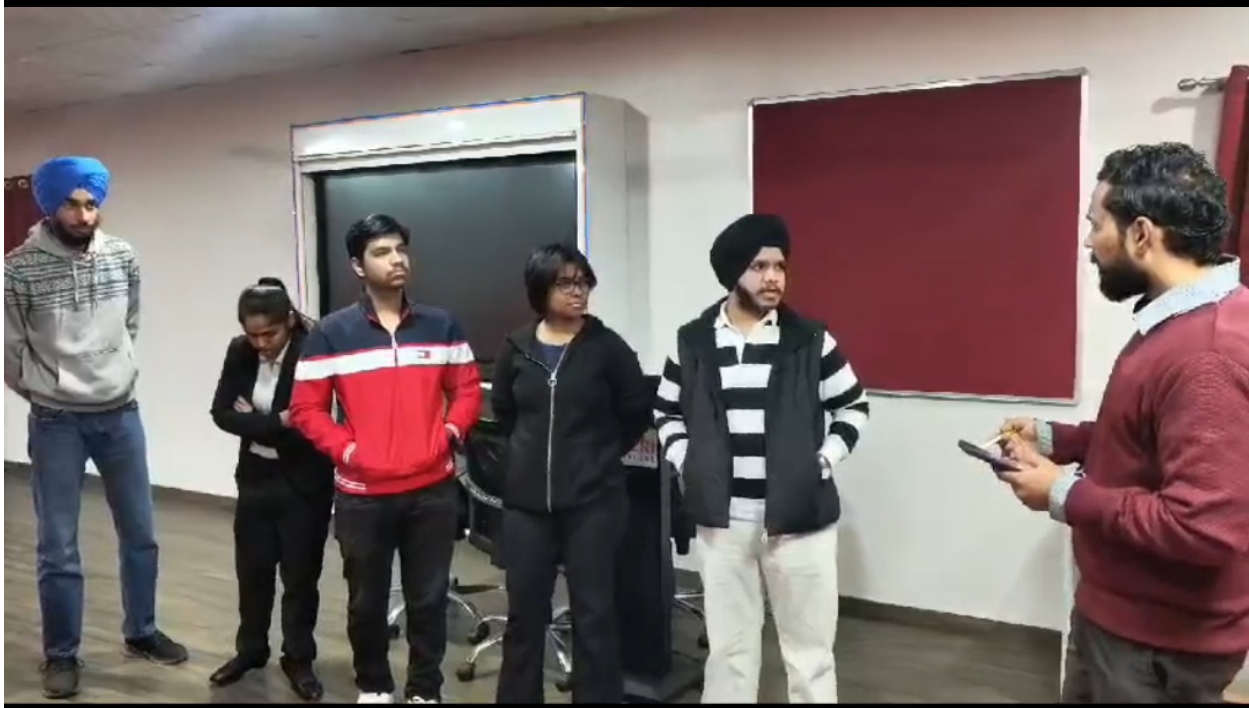






Self Concept & Self
KDP - Self
Balance
Patience
Competitive Collaboration
Love Self













Reading skills activity was conducted for B.Com and BBA Students on 2nd of May 2025, Reading Skills are essential for both personal and academic growth. Strong reading skills can improve comprehension, increase vocabulary, and help you absorb and retain information more efficiently. Here's an overview of key **reading skills**, their importance, and strategies for improving them:

1. Phonemic Awareness

- **Definition:** The ability to recognize and manipulate the sounds in spoken words. This is a foundational skill for learning to read, especially for young readers.
- **Importance:** It helps readers decode words and understand the relationship between sounds and letters.
- **Strategy for Improvement:** Practice by sounding out words, breaking them into syllables, and engaging in phonics-based activities.

2. Decoding and Word Recognition

- **Definition:** Decoding is the ability to sound out words, while word recognition involves quickly identifying words without sounding them out.
- **Importance:** Both are crucial for fluent reading. Quick recognition allows for smoother reading and better comprehension.
- **Strategy for Improvement:** Increase reading practice with progressively more difficult texts, and focus on sight words that don't follow standard phonetic rules.

3. Vocabulary Development

- **Definition:** The ability to understand and use words effectively.
- **Importance:** A strong vocabulary helps readers understand more complex texts and express themselves better.
- **Strategy for Improvement:** Read a variety of materials, keep a vocabulary journal, use context clues to figure out unknown words, and practice with flashcards or apps.

4. Comprehension

- **Definition:** The ability to understand and interpret the meaning of the text.
- **Importance:** Without comprehension, reading is just word recognition without understanding. Comprehension is essential for retaining and applying what is read.
- **Strategy for Improvement:** Summarize paragraphs, ask questions about the material, visualize what you're reading, and re-read difficult sections to improve understanding.

5. Skimming and Scanning

- **Skimming:** Quickly looking over the text to get the general idea.
- **Scanning:** Looking through the text to find specific information.
- **Importance:** These techniques are useful for reading large amounts of material quickly, such as when reviewing textbooks or searching for specific details.
- **Strategy for Improvement:** Practice reading headings, subheadings, and key terms to get the gist of a passage. For scanning, focus on locating numbers, names, or dates in a text.

6. Critical Reading

- **Definition:** The ability to analyze, evaluate, and question the text to assess its credibility, biases, and argument structure.
- **Importance:** Critical reading helps you engage with the text in a deeper way and is essential for academic or professional reading.
- **Strategy for Improvement:** Ask questions about the author's purpose, the text's arguments, evidence provided, and possible biases. Compare the text with other sources to evaluate its reliability.

7. Reading Fluency

- **Definition:** The ability to read smoothly with appropriate speed, accuracy, and expression.
- **Importance:** Fluency allows for better comprehension because it reduces the mental effort spent on decoding words and increases focus on meaning.

- **Strategy for Improvement:** Practice reading aloud, pay attention to punctuation and expression, and read regularly to build confidence and fluency.

8. Inference

- **Definition:** The ability to draw conclusions based on information not explicitly stated in the text.
- **Importance:** Inference skills allow readers to understand deeper meanings, themes, and hidden messages in the text.
- **Strategy for Improvement:** Focus on context clues and use your background knowledge to make educated guesses about implied information.

9. Summarization

- **Definition:** The ability to identify and condense the main ideas of the text into a shorter form.
- **Importance:** Summarization helps you distill important information and makes it easier to remember and recall later.
- **Strategy for Improvement:** After reading a section, try to summarize the main points in one or two sentences. Focus on key ideas and leave out unnecessary details.

10. Reading Speed

- **Definition:** The ability to read at an appropriate pace for the material and purpose.
- **Importance:** Being able to adjust your reading speed is essential for balancing efficiency with comprehension.
- **Strategy for Improvement:** Practice reading different types of texts at varying speeds—slowly for complex texts and quickly for lighter, less dense material.

11. Retelling and Recalling

- **Definition:** The ability to retell or recall the main ideas and details from a text after reading.
- **Importance:** This ensures retention of information and helps consolidate knowledge.
- **Strategy for Improvement:** After reading a text, try to retell the story or main ideas to someone else. Alternatively, jot down key points or create a mind map.

Strategies for Improving Reading Skills:

1. Set Specific Goals

- Focus on one skill at a time, such as improving vocabulary, or reading a specific number of pages each day. This helps make progress tangible.

2. Read Regularly

- Consistency is key. The more you read, the better you get. Read a variety of genres and materials to develop all aspects of your reading skills.

3. Use a Dictionary

- When you encounter unfamiliar words, take a moment to look them up. This improves your vocabulary and understanding of the text.

4. Join Reading Groups

- Book clubs or study groups encourage discussion and deeper analysis of texts. Sharing perspectives can enhance comprehension and critical thinking.

5. Take Notes

- Jot down important points, unfamiliar words, or thoughts while reading. This can improve both understanding and retention.

6. Reread Challenging Texts

- If a text is difficult, don't hesitate to read it again. Sometimes revisiting a passage can help clarify confusing parts.

7. Ask Questions

- Asking questions about the text, such as "What is the author's purpose?" or "What does this word mean in this context?" can improve comprehension and critical engagement with the material.

8. Read Aloud

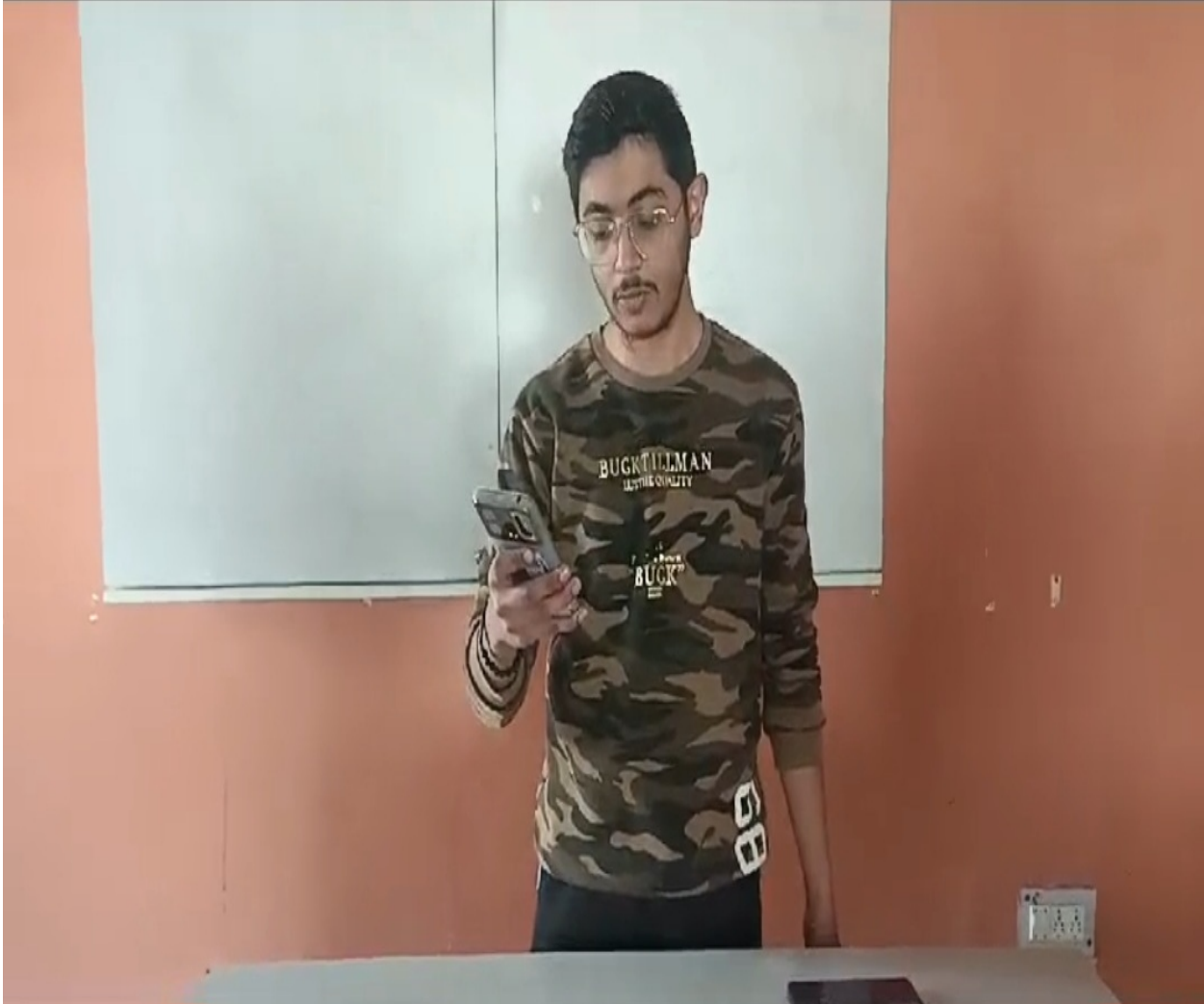
- Reading aloud can help with fluency, pronunciation, and comprehension. It also slows you down, helping you pay more attention to the text.

9. Use Technology

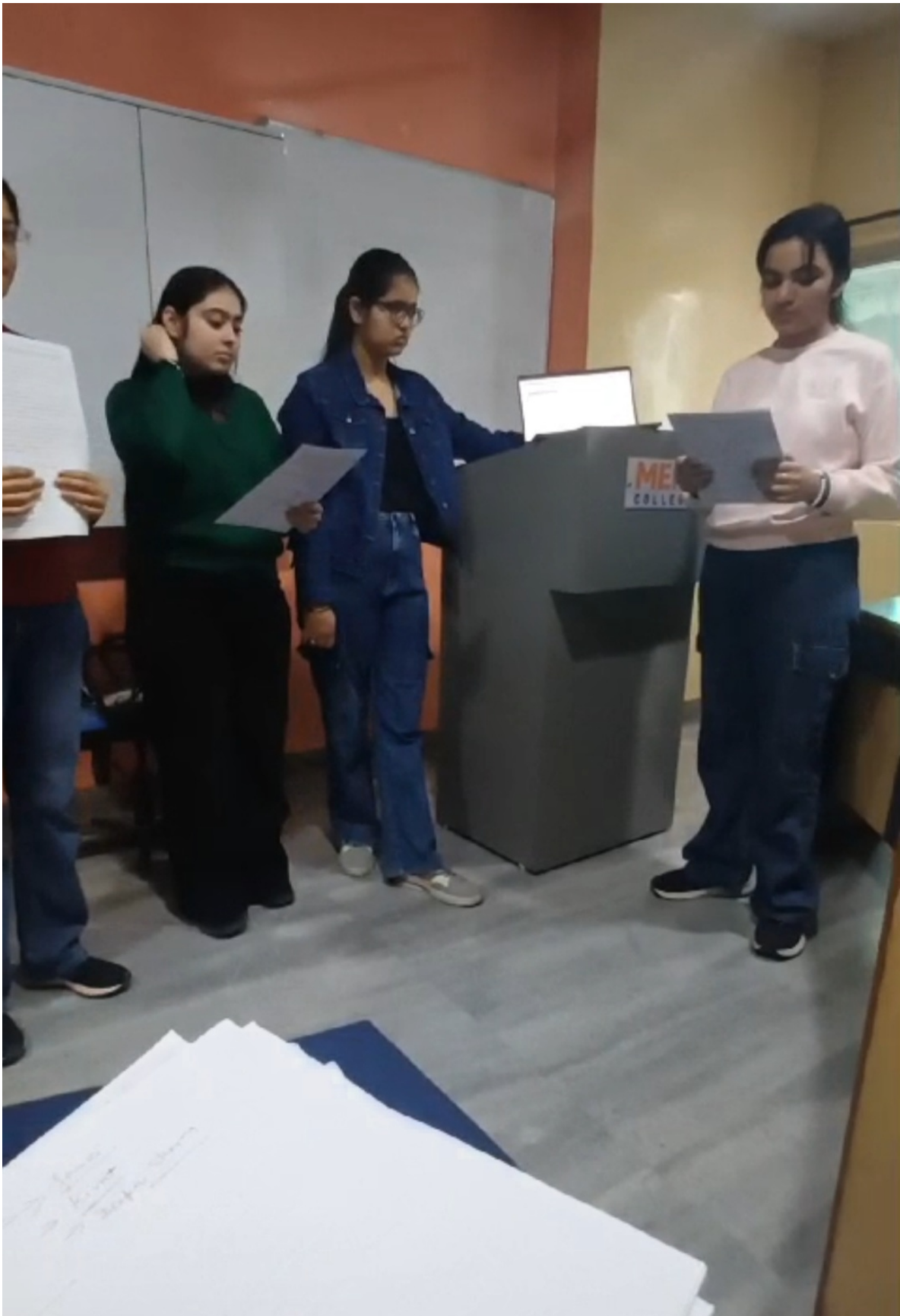
- Utilize apps, audio books, or online reading tools to practice reading in a different format. Apps that highlight text or allow you to take notes can be helpful for learning.

Conclusion

Reading skills are essential for success in academics, the workplace, and personal growth. By developing skills such as comprehension, vocabulary, fluency, and critical thinking, you can become a more efficient and effective reader. Whether you're reading for pleasure, learning, or professional development, regularly practicing and improving these skills will pay off in the long run.











GROUP DISCUSSION TOPICS

Sr. No. Topics

1. Impact of technology on Jobs
2. Me too campaign
3. Crypto Currency/Bitcoin
4. Banking Scams
5. Mars Mission for India Justified?
6. Decline in open spaces and playgrounds can lead to negative tendencies in children
7. Knowledge is the biggest asset you can accumulate
8. Is India ready for cashless Economy?
9. Does Travelling help in generating ideas and experiential learning?
10. Zero
11. End of Globalization/ De-Globalization/ Nationalization.
12. Climate change/Pollution
13. Retirement Homes: Do advantages of living in them outweigh the disadvantages?
14. Social Media: Impact on human behavior and society
15. Death penalties for perpetrators of crime against women. is it justified?
16. US Trade Policy is Trump creating World Trade War?
17. Media Freedom Should there be a limit?
18. Fake News will kill Social Fiber of India unless checked
19. Individual's Data Privacy Protection is More Important than Before
20. Mobocracy is led by Fake News resulting in Lynching
21. Vehicles?
22. Modicare: Affordable healthcare or a piped dream?
23. Bullet Train Does India really need it?
24. Sensex: Sensitivity has nothing to do with economy and society?
25. Companies Amendment Bill Will it be helpful in case of doing business?
26. Gujarat & Himachal Assembly elections Implications at national level.
27. IIM Bill 2017. Is it really beneficial for the students?
28. End of subsidy regime. Step needed to propel the wheel of growth
29. TRUMP-KIM SUMMIT Will De-Nuclearization Instill World Peace?
30. GD Topic Union Budget India 2018
31. Is India ready for Electric Mission to MARS, Can India afford spending a fortune on such projects?
32. E-commerce: Discounts are harmful in long run?
33. War Kashmir Crisis: War not dialogue will end the Crisis?
34. Preponing the General Budget Is preponing the presentation date a good
35. Terrorism Is this the price we have to pay for democracy?
36. Linking of Aadhaar is making Aadhar mandatory a good idea?
37. GD topic Retirement Homes
38. Smart City Project will give wings to growth
39. Gender bias in portraying Women in Advertisements
40. Brevity is the soul of wit
41. Gender blas in portraying Women in Advertisements
42. Effect of Pandemic on world Economy
43. E-learning Boon or Bane

44. Post Adoption effects of e-learning
45. Impact of Lockdown on Indian Economy
46. India needs a uniform civil code
47. Friends, Enemy or Frenemies?
48. Hard Work Vs Smart Work
49. Me Too Campaign Breaking Silence to Win the War
50. Your failures can be your stepping stones or your stumbling blocks Ethics or Profit
51. Zero (0)
52. Black or Grey
53. Work-Life Balance is a Myth
54. FAMOUS VS IMPORTANT
55. Roses are red, crows are black
56. Water or Oxygen
57. East or West India is the best
58. Patience. A virtue in Business and Management.
59. Social Media A boon or a bane for society and individuals
60. Beti Bachao Beti Padhao Will it abolish the orthodox mindset?
61. Law should be an instrument of Social Change
62. Browsing at Workplace affects productivity
63. Social Activism is necessary for survival of democratic society
64. India needs a uniform civil code
65. Difficulties in implementation of Climate Change Summit Resolutions
66. Net Neutrality is essential to make India Digital
67. Friends, Enemy or Frenemies?
68. Innovation Vs Invention: What is more important?
69. Change is the only constant
70. Freedom Is a myth
71. Fact Vs Opinion: There are no facts only opinions
72. Leader or Follower
73. Strategy or Execution
74. Means or End
75. Hard Work Vs Smart Work
76. Effective manager or Ethical Manager
77. It was a bright, cold day in April and the clocks were striking thirteen.
78. Red is red, blue is blue and never the two shall meet
79. Work from Home (WFH) culture a tool to save cost
80. European Union's role in Ukraine-Russia conflict
81. Is Moonlighting good or bad
82. Role of developing countries in reducing carbon emission
83. Is online education here to stay?
84. Is social distancing the new normal?
85. The changing world dynamics post Covid 19
86. Should there be a limit to media freedom?
87. Is work-life balance actually a myth?
88. Role of patience and persistence in business and management

89. Change is the only constant
90. Friends, enemies and ferneries how to demarcate?
91. Failure teaches us more important lessons than success does
92. Is India capable to lead solar and wind energy revolution?
93. Is India actually ready for a true cashless economy?
94. Pros and cons of block chain technology
95. Is 'startup India' actually boosting entrepreneurship culture in India.
96. Will 'Beta Bacchao- Beti Padoos campaign' actually change the typical Indian mindset?
97. Is net neutrality essential to make India digital?
98. Is smart city project actually useful?
99. Is introduction of bullet trains in India a good idea?
100. Net Neutrality is essential to make India Digital
101. Impact of Technology on Jobs: Will Automation & Artificial Intelligence increased Jobs?
102. Globalization: An Opportunity or a Threat?
103. Crypto Currency: A bright future or just a fad?
104. The Fugitive Economic Offender Bill 2017
105. Startup India: Boosting Entrepreneurship
106. Merger of Public Sector Banks: How beneficial is the merger of Banks?
107. Water Transport Tourism: A shot in the Arm for economic development
108. Budget Cycle Change: Only a move of convenience
109. Banking Frauds: Result Rising NPAs; Better to Prevent now than to run after
110. Union Budget: Merging the General & Railway Budget will save exchequer from unnecessary spending
111. India V/s China: Will India remain way behind China?
112. Employment Generation: IT industry will create huge job opportunities in India
113. FDI in retail: Good for India?
114. Business Lobbying: Make it legal in India
115. Corruption in Economy: It is the root cause for India Economic slowdown
116. Make in India: The idea will make India a manufacturing hub
117. Minimum Support Price: Really helpful or a Political gimmick
118. Agriculture Vs Manufacturing Industry in India-priorities for future
119. Walmart and Flipkart Deal: Impact on Indian Economy
120. Is MBA necessary to be successful in Business?
121. Cashless Economy: Is Society ready for transformation?
122. Bank Recapitalization: NPA reduction and not bank recapitalization can cure the health of PSBs in India
123. RERA: Will it restore the trust of home buyers?
124. Moody's Rating Upgrade: will the improvement enhance economies growth of India?
125. YONO One Banking Digital platform for all financial solutions.
126. Demonetization: Success & failures
127. Indian Economic Slowdown: A long term problem, how to come out of it?
128. GST: Will economy grow faster with reduced rates of Goods & Service Tax?
129. Farmers' Income: Will India be able to double it in next 5 years?
130. Privatization of India n economy: Should India go ahead with idea?

131. High deficit Financing V/s High interest rates: Both cannot go together.
132. Is work-life balance actually a myth?
133. Role of patience and persistence in business and management
134. Change is the only constant
135. Friends, enemies and ferneries how to demarcate?
136. Failure teaches us more important lessons than success does
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139. Pros and cons of block chain technology
140. Is 'startup India' actually boosting entrepreneurship culture in India.

MANAGEMENT EDUCATION & RESEARCH INSTITUTE
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2	E-Cell	Dr. Gurpreet Kaur , Dr. Anil Grewal Dr. Sachin Suryan
3	Zumba/Music/Band/Dance	Ms. Preeti Verma , Dr. Pooja Singh Negi Dr. Neha Shivani
4	Sports/Fitness	Dr. Sumit Chauhan, Mr. Akhil Jaitley
5	Literary Club	Dr. Shikha Gupta , Dr. Kamal Chandel Ms. Avsheen Kaur
6	Precious Pixels	Dr. Anand Nandwani , Ms. Nisha Garg Mr. Naresh Chandra
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12	Coding Club	Dr. Sarita Yadav, Mr. Anuj Kumar Ms. Ritu Sawanni
13	NEOGEN Club (placement)	Mr. Ashok Bhatia, Mr. Sanjay Bhagat
14	Invent Kala	Dr. Lalita Yadav, Dr. Simranjeet Kaur

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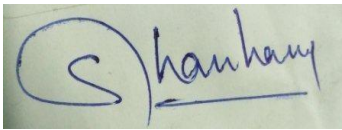
September 25, 2024

This is to inform to all the students that College is organizing a Chess Tournament (Single's) for Boys & Girls on 03.10.2024 at 2.15 pm in Room no 301. The interested students may submit their names to the undersigned (***if not submitted earlier using Google form link***).

The same has to be announced by the class co-coordinators in their

respective classes. Student's Coordinator- Tarun Vashisht-7678694679

& Ayush Tiwari-9990290860



Sports Coordinators

Dr. Sumit Chauhan,

Mr. Ishwar Singh

Copy to: -

1. Vice President – For information please
2. CFO – For information please
3. Dean(Management) – For information please
4. HoD(IT) – For information please
5. All Class Co-coordinators
6. All Notice Boards
7. Mr. Vipin-For Website Upload

LIST OF PARTICIPANTS FOR CHESS TOURNAMENT(2024-2025)

SR. No.	NAME	COURSE	SECTION	ENROLLMENT NO.	PHONE NO.	WHATSAPP NO.
1	Sachin Chaudhary	BBA	D	1435101722	7982581934	7982581934
2	Shubham Sehrawat	BBA	A	415101722	9899705897	9899705897
3	Deepanshu	BBA	A	23MER0067	8882252105	8882252105
4	A.L.Srisudarsanan	MBA	A	24MER0296	9384060371	9384060371
5	Vishal Singh	BBA 2nd Year 3rd semester	C	23MER0534	9310049434	9310049434
6	Ronit THAKUR	BCA 5th	A	615102022	8750020762	8750020762
7	Sarthak Jogdand	BBA	B	70215101722	8851537482	8851537482
8	Jayaditya Sarkar	BBA 5th Sem	C	4915101722	8851500674	9953186595
9	Shivoy Madaan	BBA 5th Sem	A	3815101722	9599414101	9599414101
10	MD Danish Raza	MBA 2nd Year	IPU Sec A	2315103923	9123188313	9123188313
11	Anuj Sharma	BBA	C	12515101722	8368743163	8368743163
12	Anand Prakash	MBA	A	24MER0232	9310375769	9199086839
13	Md Umar	BBA	B	11215101723	9811431829	9811431829
14	SUMIT	Bca 3rd year	A	1915102022	8168699599	8168699599
15	Adnan altaf	Bba	A	13315101722	8920094960	8920094960
16	Sumit singh	BCA	Shift 1	2024- 25/BCA/43	8750124142	8750124142
17	Sarthak	Bba	B	123	8595590509	8595590509
18	Tanishq	BBA	B	1234	9310706305	9310706305
19	Ayush Tiwari	BCA	2 nd year (3 Rd sem)	70115102023	9990290860	9990290860
20	Sahil singh	bba	c	11615101722	7503050248	7503050348
21	Ayushman Singh Almiya	BBA	C	23MER0593	9311259574	9311259574

22	Pranjal Shokeen	BBA	A	2335101722	9643053277	9643053277
23	Sundaram kumar singh	B.COM(H)	1	51315188824	7011472440	7011472440

24	Vishal kumar	BCA	B	23MER0446	9310411467	9310411467
25	Ashwin Binu	Mba	A	24MER0259	9821907671	9821907671
26	Harshit Khandelwal	BBA	1st sem	52615102022	8750020762	8750020762
27	Kartik chopra	BBA	C	14415101722	8800725163	8800725163
28	Mayank	B. Co m H	A	24MER0447	9350734858	9350734858
29	Deeptanshu sharma	BCA	2nd shift	24MER0167	8448740690	8448740690
30	Kunal Goswami	BBA	B	9215101722	9990986424	9990986424
31	Vansh	BBA	A	5015101722	70115193767	7011519367
32	Aryan Kathuria	Bba	B	3601510722	8447780042	8447780042
33	Lakshay Singhal	BCA	Shift 1	24MER0155	7011477474	7011477474
34	Debshankh o Chakroborty	BBA sem 5	A	7615101722	9311765648	9311765648
35	Gopesh khera	Bba	B	73	8700306408	8700306408
36	Sajal gulhar	BBA	B	15015101722	8882521485	8882521485
37	Krishna Bhatnagar	Bba first year	A	Idk	9811616942	9811616942
38	Shivam	Bca	.	415102023	9311868579	9311868579
39	Alwin Binu	BCA	.	24MER0244	9599361236	9599361236
40	Uday Maheshwari	BCA	A	1615102022	8595164404	8595164404
41	Kushagra bhagat	BBA	A	1415101722	8076149751	8076149751
42	Kalash	BCA	Shift 2	24MER0012	8368323190	8368323190
43	Dev saini	BCA	Shift 2	24MER0067	8512824197	8512824197
44	Mayank	B. Co m H	A	24MER0447	9350734858	9350734858

	45	Deeptanshu sharma	BCA	2nd shift	24MER0167	8448740690	8448740690
46	Uday Sharma	Bcom hons	Nil	1515188823	8595765858	8595765858	
47	Kunal Goswami	BBA	B	9215101722	9990986424	9990986424	
48	Vishal Singh	BBA 2nd Year 3rd semester	C	23MER0534	9310049434	9310049434	
49	Karan chauhan	Bba 2 year	C	70435101723	9289362385	9289362385	
50	Rishabh khurana	Bba	A	36615101722	9560465050	9560465050	
51	Kushal Tanwar	BBA	B	1234	8178108153	8178108153	
52	Devansh chauhan	BCA 2nd year 1st semester	B	23MER0204	7827463985	7827463985	
53	Sajal Narang	B.com(H)	1 year	24MER0418	8595672415	8595672415	
54	Shivam	B.Com(H)	1	24MER0401	99710795366	9971079536	
55	Joydeep	BCOM H	A	2024-25/BCOM/14	9310730161	9310730161	
56	Tanishq	BBA	B	1234	9310706305	9310706305	
57	Suraj Rawat	Bca	Shift 2	24MER0274	7948930880	7048930880	
58	HARSH RANA	Bca	1st shift	2415102022	9871650214	9871650214	
59	Aditya Yadav	BCA 2nd Year	B	23MER0197	8587978364	8587978364	
60	Shiv Kumar Wadhwa	BCA	A	2315102023	7011426049	7011426049	
61	Aryan krishna	Bba	C	23MER084	7667464171	7667464171	
62	Aditya	Bcom honours	A	80215188822	8595877902	8595877902	
63	Arman Ali	BBA	Section B	24MER0183	7827364606	7827364606	
64	Krishna Bhatnagar	Bba first year	A	Idk	9811616942	9811616942	
65	Joydeep	BCOM H	A	2024-25/BCOM/14	9310730161	9310730161	
66	Deepak Bharti	BBA	E	6135101722	7840880573	7840880573	

67	Sajal sadana	BCOM - VTH SEMEST ER	A	1215188822	8595344100	8595344100
68	Harsh Garg	B.com (H)	A	24 MER0328	9319966712	9319966712

REPORT ON

INTRA COLLEGE CHESS TOURNAMENT

Date: 03.10.2024

Time: 2:15 PM onwards

Venue : Room No 301, 3rd Floor

Participants : 68.

Sports Incharge : Dr Sumit Chauhan

Coordinator(s) : Mr. Ishwar Singh

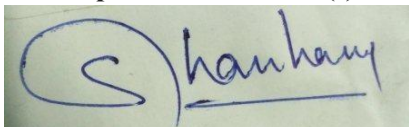
The Sports Club of Management Education and Research Institute-MERI, Janak Puri, New Delhi, Organized the Table Tennis Tournament on 3rd October, 2024 in Room No 301, 3rd Floor, MERI College, Janak puri. The referee of the tournament was Mr Ishwar Singh, Assistant Professor, Department of Management.

There were sixty eight participants(As per list attached)from various courses who participated in the tournament.

Sports Club congratulates the final winners of Intra College Chess Tournament.

1. Sarthak (BBA-3 Yr)- 1st Position
2. Adnan Altaf (BBA-2 Yr)-2nd Position
3. Anuj(BBA- 3Yr)-3rd Position

Sports Coordinator(s):



Dr. Sumit Chauhan, Mr. Ishwar Singh

Glimpse of the Chess Tournament :





New Delhi, Delhi, India
J453+X88, Sewa Marg, Aditi Apartments, Gokalpur, Pocket D 1, Janakpuri,
New Delhi, Delhi, 110058, India
Lat 28.609919°
Long 77.103389°
03/10/24 03:34 PM GMT +05:30



Delhi, Delhi, India
Council for Advancement og Peoples Action & Rural Technology Building, Sewa Marg,
Pocket D 1A, Janakpuri, Delhi, 110058, India
Lat 28.61022°
Long 77.102878°
03/10/24 03:54 PM GMT +05:30



GPS Map Camera

New Delhi, Delhi, India

56-57, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India

Lat 28.610416°

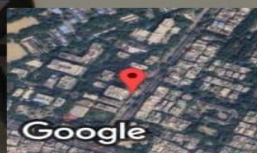
Long 77.103092°

03/10/24 02:40 PM GMT +05:30

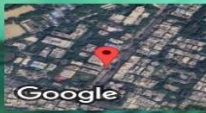
Google



New Delhi, Delhi, India
56-57, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India
Lat 28.610416°
Long 77.103092°
03/10/24 02:40 PM GMT +05:30



New Delhi, Delhi, India
56-57, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India
Lat 28.610416°
Long 77.103092°
03/10/24 02:41 PM GMT +05:30



New Delhi, Delhi, India
53-54, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India
Lat 28.610219°
Long 77.102994°
03/10/24 02:53 PM GMT +05:30

GPS Map Camera

MANAGEMENT EDUCATION & RESEARCH INSTITUTE

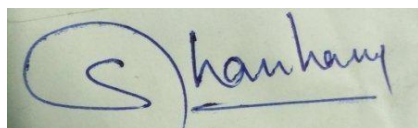
NOTICE

September 27, 2024

This is to inform to all the students that College is organizing a Table Tennis Tournament (Single's) for Boys & Girls on 03.10.2024 at 2.00 pm in Sports Fitness Centre, 4th Floor, MERI College. The interested students may submit their names to the undersigned (*if not submitted earlier using Google form link*).

Student's Coordinator- Tarun Vashisht-7678694679 & Ayush Tiwari-9990290860

The same has to be announced by the class co-coordinators in their respective classes.

A handwritten signature in blue ink, appearing to read 'Sumit Chauhan', with a horizontal line underneath the name.

Sports Coordinators

Dr. Sumit Chauhan, Mr. Ishwar Singh

Copy to: -

1. Vice President – For information please
2. CFO – For information please
3. Dean(Management) – For information please
4. HoD(IT) – For information please
5. All Class Co-coordinators
6. All Notice Boards
7. Mr. Vipin-For Website Upload

SR. No.		NAME	COURSE	SECTION	ENROLLMENT NO.	PHONE NO.	WHATSAPP NO.	GENDER
	1	Mayank	B. Com H	A	24MER0447	9350734858	9350734858	MALE
	2	Deeptanshu sharma	BCA	2nd shift	24MER0167	8448740690	8448740690	MALE
	3	Kunal Goswami	BBA	B	9215101722	9990986424	9990986424	MALE
	4	Vansh	BBA	A	5015101722	70115193767	7011519367	MALE
	5	Aryan Kathuria	Bba	B	3601510722	8447780042	8447780042	MALE
	6	Lakshay Singhal	BCA	Shift 1	24MER0155	7011477474	7011477474	MALE
	7	Debshankh o Chakroborty	BBA sem 5	A	7615101722	9311765648	9311765648	MALE
	8	Gopesh khera	Bba	B	73	8700306408	8700306408	MALE
	9	Sajal gulhar	BBA	B	15015101722	8882521485	8882521485	MALE
	10	Krishna Bhatnagar	Bba first year	A	Idk	9811616942	9811616942	MALE
	11	Shivam	Bca	.	415102023	9311868579	9311868579	MALE
	12	Alwin Binu	BCA	.	24MER0244	9599361236	9599361236	MALE
	13	Uday Maheshwari	BCA	A	1615102022	8595164404	8595164404	MALE
	14	Kushagra bhagat	BBA	A	1415101722	8076149751	8076149751	MALE
	15	Kalash	BCA	Shift 2	24MER0012	8368323190	8368323190	MALE
	16	Dev saini	BCA	Shift 2	24MER0067	8512824197	8512824197	MALE
	17	Mayank	B. Com H	A	24MER0447	9350734858	9350734858	MALE
	18	Deeptanshu sharma	BCA	2nd shift	24MER0167	8448740690	8448740690	MALE

19	Uday Sharma	Bcom hons	Nil	1515188823	8595765858	8595765858	MALE
20	Kunal Goswami	BBA	B	9215101722	9990986424	9990986424	MALE
21	Vishal Singh	BBA 2nd Year 3rd semester	C	23MER0534	9310049434	9310049434	MALE
22	Karan chauhan	Bna 2 year	C	70435101723	9289362385	9289362385	MALE
23	Rishabh khurana	Bba	A	36615101722	9560465050	9560465050	MALE
24	Kushal Tanwar	BBA	B	1234	8178108153	8178108153	MALE
25	Devansh chauhan	BCA 2nd year 1st semes ter	B	23MER0204	7827463985	7827463985	MALE
26	Sajal Narang	B.com(H)	1 year	24MER0418	8595672415	8595672415	MALE
27	Shivam	B.Com(H)	1	24MER0401	99710795366	9971079536	MALE
28	Joydeep	BCOM H	A	2024- 25/BCOM/14	9310730161	9310730161	MALE
29	Tanishq	BBA	B	1234	9310706305	9310706305	MALE
30	Suraj Rawat	Bca	Shift 2	24MER0274	7948930880	7048930880	MALE
31	HARSH RANA	Bca	1st shift	2415102022	9871650214	9871650214	MALE
32	Aditya Yadav	BCA 2nd Year	B	23MER0197	8587978364	8587978364	MALE
33	Chetan	BCA	I sem	2315102023	7011426049	7011426049	MALE
34	Aryan krishna	Bba	C	23MER084	7667464171	7667464171	MALE
35	Aditya	Bcom honours	A	80215188822	8595877902	8595877902	MALE
36	Tanish Kumar	BBA	Section B	24MER0183	7827364606	7827364606	MALE
37	Krishna Bhatnagar	Bba first year	A	Idk	9811616942	9811616942	MALE
38	Joydeep	BCOM H	A	2024- 25/BCOM/14	9310730161	9310730161	MALE
39	Deepak Bharti	BBA	E	6135101722	7840880573	7840880573	MALE
40	Sajal sadana	BCOM - VTH SEMESTE	A	1215188822	8595344100	8595344100	MALE

		R					
41	Harsh Garg	B.com (H)	A	24 MER0328	9319966712	9319966712	MALE

REPORT ON INTRA COLLEGE TABLE TENNIS TOURNAMENT

Date: 3rd October, 2024

Day: Thursday

Time: 2:00 PM onwards

Venue : Sports & Fitness Club Centre, 4th Floor

No. of Participants: 41

Sports Incharge : Dr Sumit Chauhan

Coordinator(s) : Mr. Ishwar Singh,

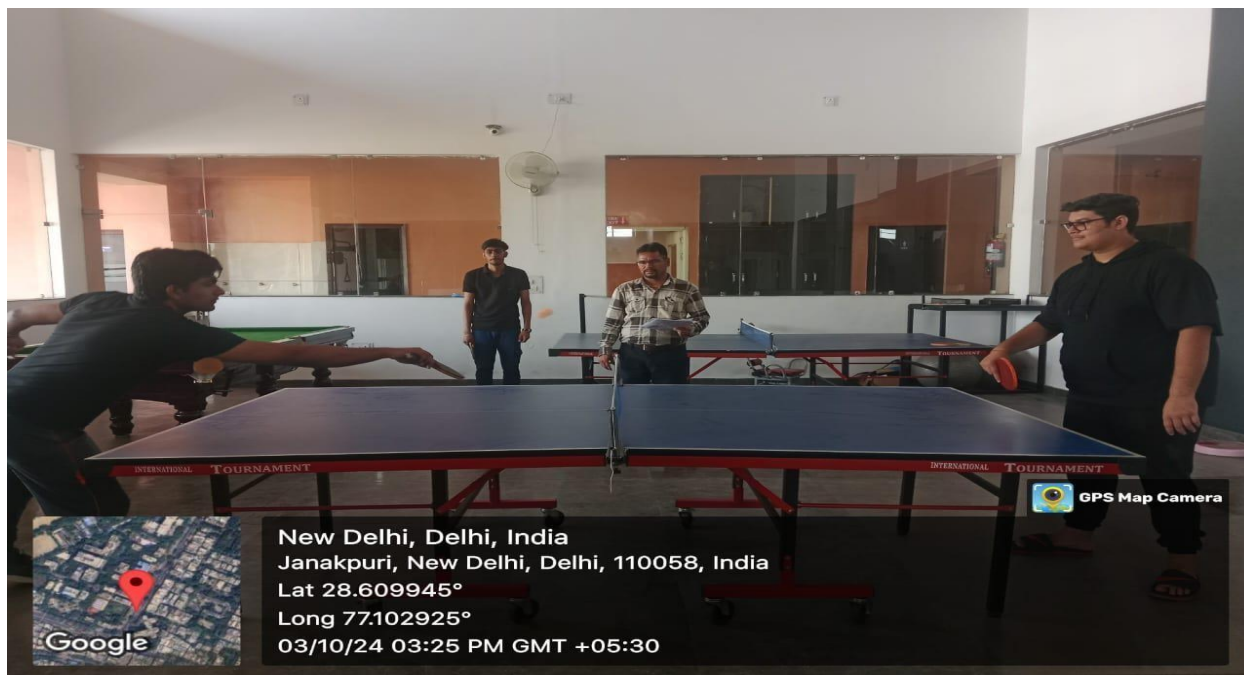
The Sports Club of Management Education and Research Institute-MERI, Janak Puri, New Delhi, Organized an Intra College Table Tennis Tournament on 3rd October, 2024 in the Sports and Fitness Club Centre of its Janak puri college. The referee of the tournament was Mr Ishwar Singh, Coordinator of Sports Club and Assistant Professor, MERI College, Janak Puri.

41 students participated(as per list attached above) from various courses in the tournament. Sports Club congratulates the final winners of Table Tennis Tournament.

1. Soham Jain (BBA-5th Semester, IPU)
2. Tanish Kumar(BBA-5th Semester, IPU)
3. Chetan(BCA-1st Semester, IPU)

Glimpse of the Table Tennis Tournament :







MANAGEMENT EDUCATION & RESEARCH INSTITUTE

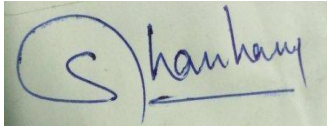
NOTICE (MBA, BCA, B.COM(H), BA(JMC) & BBA)

October 22, 2024

This is to inform to all the students that MERI College is organizing “**Intra College Tug of War Competition**” on 26th October, 2024(Saturday) in MERI College Play Ground at 10:30 am onwards in the MERI Institute, Janak Puri.

The interested students who have already submitted their names will report to the students coordinators mentioned below

Student Coordinators: **Tarun Vashisht(BBA-3rd Yr)-7678694679 & Ayush Tiwari(BCA 2nd Yr)-9990290860**

A handwritten signature in blue ink, appearing to read 'Sumit Chauhan', with a stylized circular mark to the left.

Sports Coordinator(s)

Dr. Sumit Chauhan, Mr. Ishwar Singh

Copy to: -

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2. CFO – For information please
3. Dean(Management) – For information please
4. HoD(IT) – For information please
5. HoD(JMC) – For information please
6. All Class Co-coordinators
7. All Notice Boards
8. Mr. Vipin-For Website Upload

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23	Sundaram kumar singh	B.COM(H)	1	51315188824	7011472440	7011472440

24	Vishal kumar	BCA	B	23MER0446	9310411467	9310411467
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31	Vansh	BBA	A	5015101722	70115193767	7011519367
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33	Lakshay Singhal	BCA	Shift 1	24MER0155	7011477474	7011477474
34	Debshankh o Chakrobort y	BBA sem 5	A	7615101722	9311765648	9311765648
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39	Alwin Binu	BCA	.	24MER0244	9599361236	9599361236
40	Uday Maheshwari	BCA	A	1615102022	8595164404	8595164404
41	Kushagra bhagat	BBA	A	1415101722	8076149751	8076149751
42	Kalash	BCA	Shift 2	24MER0012	8368323190	8368323190
43	Dev saini	BCA	Shift 2	24MER0067	8512824197	8512824197
44	Mayank	B. Com H	A	24MER0447	9350734858	9350734858

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46	Uday Sharma	Bcom hons	Nil	1515188823	8595765858	8595765858
47	Kunal Goswami	BBA	B	9215101722	9990986424	9990986424
48	Vishal Singh	BBA 2nd Year 3rd semester	C	23MER0534	9310049434	9310049434
49	Karan chauhan	Bna 2 year	C	70435101723	9289362385	9289362385
50	Rishabh khurana	Bba	A	36615101722	9560465050	9560465050
51	Kushal Tanwar	BBA	B	1234	8178108153	8178108153
52	Devansh chauhan	BCA 2nd year 1st semester	B	23MER0204	7827463985	7827463985
53	Sajal Narang	B.com(H)	1 year	24MER0418	8595672415	8595672415
54	Shivam	B.Com(H)	1	24MER0401	99710795366	9971079536
55	Joydeep	BCOM H	A	2024-25/BCOM/14	9310730161	9310730161
56	Tanishq	BBA	B	1234	9310706305	9310706305
57	Suraj Rawat	Bca	Shift 2	24MER0274	7948930880	7048930880
58	HARSH RANA	Bca	1st shift	2415102022	9871650214	9871650214
59	Aditya Yadav	BCA 2nd Year	B	23MER0197	8587978364	8587978364
60	Shiv Kumar Wadhwa	BCA	A	2315102023	7011426049	7011426049
61	Aryan krishna	Bba	C	23MER084	7667464171	7667464171
62	Aditya	Bcom honours	A	80215188822	8595877902	8595877902
63	Arman Ali	BBA	Section B	24MER0183	7827364606	7827364606
64	Krishna Bhatnagar	Bba first year	A	Idk	9811616942	9811616942

REPORT ON INTRA COLLEGE TUG OF WAR COMPETITION

Date: 26th October, 2024

Day: Saturday

Time: 10:30 AM onwards

Venue : MERI College Play Ground

No. of Participants: 64

Sports Incharge : Dr Sumit Chauhan

Coordinator(s) : Mr. Ishwar Singh

The Sports Club of Management Education and Research Institute-MERI, Janak Puri, New Delhi, Organized an Intra College **Tug of War Competition** on 26th October, 2024 at 10:30 am onwards in the in MERI College Play Ground, Janak Puri. The referee of the tournament was Mr Ishwar Singh, Coordinator of Sports Club and Assistant Professor, MERI College, Janak Puri.

Sixty Four participants(as per list attached) from various courses participated in the tournament. Sports Club congratulates Winner of 1st Position and 2nd Position winner of girls Team and boys team of Tug of War Competition.

Girls Team Winner-1 st Position	Boys Team Winner-1 st Position
Khushi-Bcom(H)-2 nd Year Monika- Bcom(H) 2 nd Year Arushi Suryan - Bcom(H) 2 nd Year Prabhneet - Bcom(H) 3 rd Year Kriti Mittal-BBA, 3 rd Year	Tarun Vashisth-BBA, 3 rd Year Lakshay Tyagi- BBA, 2 nd Year Shresth Kohar-BBA, 2 nd Year Sohil Shokeen-BBA,1 st Year Lakshay Chadha-BBA,2 nd Year

Vanshika-BBA, 3 rd Year	Prateek Goyal-BJMC, 3 rd Year Ansh Tanwar-BBA, 3 rd Year Naman Tomar-BBA, 3 rd Year Tushar Beriwal-BCA, 2 nd Year Ajay Raj Singh-BCA, 2 nd Year
Girls Team-2nd Position	Boys Team-2nd Position
Anisha-Bcom(H), 2 nd Year Muskaan- Bcom(H), 2 nd Year Akshita- Bcom(H), 2 nd Year Shreya- Bcom(H), 2 nd Year Amandeep- BBA, 2 nd Year Lipica - BCA, 1 st Year	Pranay-BBA, 1 st Year Mohit-BBA, 3 rd Year Alwin- BCA, 1 st Year Manjot-BCA, 1 st Year Aayush- BCA, 1 st Year Krishna-BBA, 1 st Year Suraj Rawat-BCA, 1 st Year Archit-BBA, 1 st Year Akshat-BBA, 1 st Year Ansh-BCA, 1 st Year

There are some glimpse of Tug of War Competition:





New Delhi, Delhi, India
56-57, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India
Lat 28.610418°
Long 77.102932°
25/10/24 03:24 PM GMT +05:30



New Delhi, Delhi, India
56-57, Janakpuri Institutional Area, Janakpuri, New Delhi, Delhi, 110058, India
Lat 28.610399°
Long 77.103047°
25/10/24 03:25 PM GMT +05:30













Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University
A State University established by the Govt of NCT of Delhi
Sector-16 C, Dwarka, New Delhi-110078,
Email: sports@ipu.ac.in



GURU GOBIND SINGH
INDRAPRASTHA UNIVERSITY
NEW DELHI

GGSIPU/DSW/Sports/2024-25/676

Dated: 26.09.2024

Notice

Subject: Inviting Entries and Rules & Regulations for Participation in 19th Annual Sports Meet of the University for the Academic Year 2024-25

Directorate of Students' Welfare is organizing 19th Annual Sports Meet of the University for the Academic Year 2024-25. In this regard, entries from the affiliated institutes/colleges are invited for participating in Annual Sports Meet for the following Sports:

1. March Past (Mandatory for all participating USS/ Affiliated Institute)
2. Cricket
3. Volleyball
4. Basketball
5. Badminton
6. Football
7. Tennis
8. Athletics- (List of sub events of athletics will be uploaded shortly)
9. Cross Country Race
10. Yoga
11. Kabaddi
12. Tug of War
13. Power Lifting
14. Weight Lifting
15. Body building
16. Chess
17. Table Tennis
18. Hockey
19. Judo
20. Kho Kho

All the Principals/Directors of affiliated college/institute are requested to motivate the students to participate in the aforesaid sports meet. The procedure for submission of entry and other rules are as under:

1. Submission of Entries:

- (a) The online entries through Google Form Link:- <https://forms.gle/78RqvZkLeyid9UDr7> may be submitted on or before 02nd October 2024 Entries for participating shall not be entertained after due date. The Final list of entries received till last date will be uploaded on the University website on 05.10.2024
- (b) Each affiliated institutes/colleges is entitled to enter only one team for each sport in said tournament.

2. Identity Card

Each member of a team participating in an Annual Sports Meet shall carry identity card which shall bear the following as approved by the college.

- (a) Photograph of the player & his/her signature.
- (b) Attestation of the photograph under the seal by the Director / Principal of the Affiliated Institutes/Colleges.

The player(s) not carrying identity cards shall not be allowed to participate in the sports meet.



Directorate of Students' Welfare

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Email: sports@ipu.ac.in



INDRAPRASTHA UNIVERSITY

F. No. GGSIPU/DSW/Sports/2024-25 /746

Dated: 09.10.2024

Schedule of Events - Track & Field (Athletic)

Subject: Track & Field (Athletic) competitions during 19th Annual Sports Meet-2024.

The University is organizing the 19th Annual Sports Meet 2024 from 18.10.2024 to 20.10.2024. The Directorate of Students' Welfare invites all its affiliated institutes/colleges to participate in the following tournament / competitions, which are to be held during Sports Meet-2024 of the University:

1st Day (Friday) 18th October 2024

Events	Time	Venue
March Past	10:00 AM	Main Ground
800 mtrs Race (Men & Women) - final	02.00 PM	Main Ground
Shot Put (Men)	02.00 PM	Main Ground
200 mtrs Race (Men & Women) - Heats	03:00 PM	Main Ground
Shot Put (Women)	03.00 PM	Main Ground
Long Jump (Men)	03.00 PM	Main Ground
4x400 mtrs Relay (Men & Women) – Heats	04.00 PM	Main Ground

2nd Day (Saturday) 19th October 2024

Events	Time	Venue
Long Jump (Women)	08.00 AM	Main Ground
05 km Race (Men & Women)	08.00 AM	Main Ground
Triple Jump (Men)	09.00 AM	Main Ground
Discuss Throw (Women)	09.00 AM	Main Ground
400 mtrs Race (Men & Women) – Heats	09.00 AM	Main Ground
200 mtrs Race (Men & Women) – Final	10.00 AM	Main Ground
100 mtrs Race (Men & Women) – Heats	10.30 AM	Main Ground
400 mtrs Race (Men & Women) – Final	12.30PM	Main Ground
4x100 mtrs Race (Men & Women) – Heats	02.00 PM	Main Ground
1500 mtrs (Men & Women)	03.00 PM	Main Ground

3rd Day (Sunday) 20th October 2024

Events	Time	Venue
Discuss Throw (Men)	10.00 AM	Main Ground
Triple Jump (Women)	10.30 AM	Main Ground
4x100 mtrs (Men & Women) – Final	11.00 AM	Main Ground
4x400 mtrs (Men & Women) – Final	11.30 AM	Main Ground
100 mtrs Race (Men & Women) – Final	02:30 PM	Main Ground

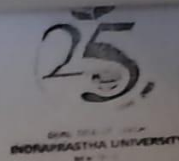
Note:

All the participants / teams should report at the venue from 09:00AM onwards on 18.10.2024 for registration of the aforesaid events. No registration will be allowed, thereafter

Link



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
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Sector-16 C, Dwarka, New Delhi-110078,
Email: sports@ipu.ac.in



ELIGIBILITY PROFORMA FOR 19th Annual Sports Meet-2024

Name of the Game: Bodybuilding

Section Men/Women: Men

Name of the Manager/Coach: Mr. Hemant

Name of the participating institute: MERI (Management education & Research Institute)

Contact No. Manager/Coach 7678 635125

ACADEMIC YEAR: 2024-25

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
1	2	3	4	5	6	
1	Mohit Tanwar	03135101722	BBA	25/08/2003	5	9717819577
2						
3						
4						
5						
6						
7						
8						
9						
10						

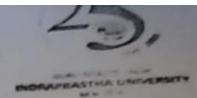
If numbers of participants are more than 10, please send a copy of this form.

Certified that the above particulars are true as per records of the College / Institute

Mr. Hemant



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
A State University established by the Govt of NCT of Delhi
Sector-16 C, Dwarka, New Delhi-110078,
Email: sports@ipu.ac.in



ELIGIBILITY PROFORMA FOR 19th Annual Sports Meet-2024

Name of the Game: Power lifting

Section Men/Women: Men

Name of the Manager/Coach: Mr. Hemant

Name of the participating institute:

MERI (Management Education & Research Institute)
ACADEMIC YEAR: 2024-25

Contact No. Manager/Coach 7648635125

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
	1	2	3	4	5	6
1	Mohit Tanwar	03135101722	BBA	25/08/2003	5	97178195
2	Vansh Gayal	07615101723	BBA	03/06/2005	3	886041102
3	Ansh Tanwar	01735101722	BBA	28/09/2004	5	93546665
4						
5						
6						
7						
8						
9						
10						

If numbers of participants are more than 10, please use a copy of this form.

Certified that the above particulars are true as per records of the College / Institute

Date: 14/10/24

Seal of College / Institute

Hemant
Signature of the Director/Manager



Sector-16 C, Dwarka, New Delhi-110078,

Email: sports@ipu.ac.in

INDRAPRASTHA UNIVERSITY

ELIGIBILITY PROFORMA FOR 19th Annual Sports Meet-2024

Name of the Game: POWERLIFTING

Section Men/Women: Women

Name of the Manager/Coach: Mr. Hemant

Name of the participating institute: MERI (Management Education & Research Institute)

Contact No. Manager/Coach 7678635125

ACADEMIC YEAR: 2024-25

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
1	2	3	4	5	6	
1	PRIYA TANWAR	00635101722	BBA	15/11/2003	5 th	8178974248
2	BHUMIKA	02115101722	BBA	5/03/2005	5 th	9999306274
3	DEEPANSHA	08315101723	BBA	21/03/2006	3 rd	8595645268
4.						
5.						
6.						
7.						
8.						
9.						
10.						

If numbers of participants are more than 10, please send copy of this form.

Certified that the above particulars are true as per records of the College / Institute

Date: 14/10/24

Seal of College / Institute

Signature of the Principal



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
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Email: sports@ipu.ac.in



ELIGIBILITY PROFORMA FOR 19th Annual Sports Meet-2024

Name of the Game: **KABADDI**

Section Men/Women: **Men**

Name of the Manager/Coach: **Mr. Hemant**

Name of the participating institute: **Management Education & Research Institute (MERI)**

Contact No. Manager/Coach: **7678635125**

ACADEMIC YEAR: 2024-25						
S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
1	2	3	4	5	6	
1.	Adnan Altaf	13315101722	BBA	07/08/2003	5 th sem	8920094960
2.	Sumit	01915102022	BCA	21/12/2004	5 th Sem	8168699599
3.	Chirag Bhatia	03915102422	BAJMC	23/11/2004	5 th sem	9310253108
4.	Mohit Tanwar	03135101722	BBA	25/08/2003	5 th sem	9717819577
5.	Ansh Tanwar	01735101722	BBA	28/09/2004	5 th sem	9354686578
6.	Sulshdev Singh Patiyal		BCA	03/08/2005	1 st Sem	8448633498
7.	Piyush Monga	04315102024	BCA	05/03/2007	1 st Sem	8745055523
8.		01315102022	BCA	04/10/2004	5 th Sem	8766334335
9.	Vaun Singh	00235102024	BCA	04/12/2005	1 st Sem	8527074425
10.	Shriyansh Singh		BCA	07/12/2005	1 st Sem	9810419872

If numbers of participants are more than 10, please ~~fill~~ attach a copy of this form.

Certified that the above particulars are true as per records of the College / Institute

Date: **14/10/24**

Seal of College / Institute

Signature of the Director/Principal

Winners of 19th Sports Meet of GGSIPU(18-20 Oct, 2024).

Gold Medals- 3

1. Body Building Gold Medal(60kg-65kg) Category, Mohit Tanwar, BBA -5th Sem.
2. Powerlifting Girls Gold Medal- Priya, BBA -5th Sem.
3. JUDO Girls Gold Medal Deepshikha, MBA 1st Sem.

Silver Medals-3

- 1.100 meter Girls Silver Medal- Priya, BBA 5th sem
- 2.Powerlifting girls Silver Medal Bhumika Sachdeva, BBA 5th sem.
- 3.Powerlifting boys Silver Medal Vansh Goyal, BBA 3rd Sem.

Bronze Medals-3

1. RELAY 4×100 Girls BRONZE Medal- Harika Mehra, BBA 5th sem; Monika -BCOM (H) 3rd sem; Priya -BBA 5th sem; Anisha BCOM (H) 3rd sem.
2. Body Building Bronze Medal(55kg-60 kg) Category, Chirag Gupta- BJMC- 5th sem.
3. Powerlifting boys Bronze Medal Ansh BBA 5th sem

Overall Bodybuilding trophy of GGSIPUniversity 19th Sports Meet.

Mohit Tanwar, BBA 5th sem- Management Education & Research Institute, Janak Puri

गुरु गोबिंद सिंह इंड्रप्रस्थ विश्वविद्यालय की 19वीं खेल प्रतियोगिता में एमईआरआई के छात्रों का शानदार प्रदर्शन

नई दिल्ली, (वीअ)। गुरु गोबिंद सिंह इंड्रप्रस्थ विश्वविद्यालय द्वारा 18 से 20 अक्टूबर, 2024 तक आयोजित 19वीं वार्षिक खेल प्रतियोगिता में प्रबंधन शिक्षा एवं अनुसंधान संस्थान (एमईआरआई) के छात्रों ने असाधारण एथलेटिक कौशल का प्रदर्शन किया। एमईआरआई के प्रतिभागियों ने विभिन्न स्पर्धाओं में प्रभावशाली सफलता प्राप्त की, कई पदक हासिल किए और अपनी प्रतिभा और उत्कृष्टता के प्रति प्रतिबद्धता का प्रदर्शन किया। एमईआरआई के निदेशक प्रो. ललित अग्रवाल ने एथलीटों के शानदार प्रदर्शन और खेल और अनुशासन दोनों के प्रति उनकी प्रतिबद्धता की प्रशंसा की।

ये उपलब्धियाँ शैक्षणिक सफलता के साथ-साथ खेल उत्कृष्टता को बढ़ावा देने के लिए



एमईआरआई के समर्पण को पुष्ट करती हैं। कार्यक्रम का समन्वय डॉ. सुमित चौहान और श्री ईश्वर सिंह ने किया। विजेताओं की सूची- स्वर्ण पदक विजेता: द बांडीबिल्डिंग (60 किग्रा-65 किग्रा) - मोहित तंवर (बीबीए, 5वां सेमेस्टर) द पावरलिफ्टिंग (लड़कियाँ) - प्रिया (बीबीए, 5वां

सेमेस्टर) द जूडो (लड़कियाँ) - दीपशिखा (एमबीए, पहला सेमेस्टर) रजत पदक विजेता: द 100 मीटर स्प्रिट (लड़कियाँ) - प्रिया (बीबीए, 5वां सेमेस्टर) द पावरलिफ्टिंग (लड़कियाँ) - भूमिका सचदेवा (बीबीए, 5वां सेमेस्टर) द पावरलिफ्टिंग (लड़के) - वंश गोयल (बीबीए,



तीसरा सेमेस्टर) कांस्य पदक विजेता: द रिले 4 गुणा 100 (लड़कियाँ) - हरिका मेहरा (बीबीए, 5वां सेमेस्टर), मोनिका (बीबीए, 5वां सेमेस्टर), प्रिया (बीबीए, 5वां सेमेस्टर), अनीशा (बीबीए, 5वां सेमेस्टर) द बांडीबिल्डिंग (55 किग्रा-60 किग्रा) - चिराग गुप्ता

(बीजेएमसी, 5वां सेमेस्टर) द पावरलिफ्टिंग (लड़के) - अंश (बीबीए, 5वां सेमेस्टर) विशेष सम्मान: द मोहित तंवर (बीबीए, 5वां सेमेस्टर) को प्रतिष्ठित ओवरऑल बांडीबिल्डिंग ट्राफी से सम्मानित किया गया, जिससे संस्थान को और सम्मान मिला और इसकी प्रतिष्ठा में वृद्धि हुई।



Left to Right : Vice President, Meri, Prof.(Dr.) Lalit Aggarwal, Gold Medalist of Guru Gobind Singh Indraprastha University 19th Sports Meet(Centre) with Dr. Mamta Aggarwal



Left to Right : Vice President, Meri, Prof.(Dr.) Lalit Aggarwal, Mr. Mohit Tanwar-BBA, 3rd Year Student cum Gold Medalist(Center), MERI- and Winner of Champion of Champions(Body Building & Power Lifting) of Guru Gobind Singh Indraprastha University 19th Sports Meet with Dr. Mamta Aggarwal.

Glimpse of the Participants cum Winners of MERI in GGSIPUNIVERSITY 19TH SPORTS MEET















MANAGEMENT EDUCATION & RESEARCH INSTITUTE

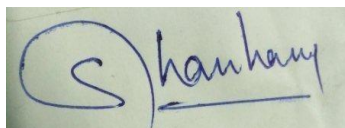
NOTICE

January 20, 2025

This is to inform to all the students that College is organizing 100 Mtr Race, 200 Mtr Race, Lemon Race, Tug of War Competition on the occasion of Republic Day on 25th January, 2025(Saturday) in the collaboration of CSR Club, MERI College Janakpur for Boys and Girls.

The interested students may submit their names to the undersigned The same has to be announced by the class co-coordinators in their respective classes. Student's Coordinator-

Ayush Tiwari-9990290860



Sports Coordinators

Dr. Sumit Chauhan,

Mr. Ishwar Singh

Copy to: -

1. Vice President – For information please
2. CFO – For information please
3. Dean(Management) – For information please
4. HoD(IT) – For information please
5. All Class Co-coordinators
6. All Notice Boards
7. Mr. Vipin-For Website Upload

LIST OF PARTICIPANTS

SE. No.	NAME	SPORTS
1	Yuvraj	Tug of War
2	Gurmukh	Tug of War
3	Alok	Tug of War
4	Priyansh	Tug of War
5	Saurabh	Tug of War
6	Deeptanshu	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
7	Sahib Jeet Singh	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
8	Digraj	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
9	Jatin Negi	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
10	Parth Chawla	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
11	Pranay	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
12	Suraj	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
13	Manjot	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
14	Alwin	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
15	Neha Dhawan	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
16	Nishtha	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
17	Shudhita Juneja	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
18	Sahajpreet Kaur	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
19	Lipika	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
20	Geet Bhatt	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race

21	Anshi	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
22	Manya	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
23	Mashu Kumari	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
24	Amandeep Kaur	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
25	Harshita	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
26	Anshi	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
27	Jagrati	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
28	Yahushi	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
29	Vidhi	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
30	Anjani Kumari	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
31	Mohit	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
32	Aditya Malik	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
33	Arushi Kumari	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
34	Sundaram	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race
35	Nikita	Tug of War, 100 Mtr Race, 200 Mtr Race, 200 Mtr Lemon Race

REPORT ON

INTRA COLLEGE SPORTS MEET

Date: 25th January, 2025

Day: Saturday

Time: 10:30 AM onwards

Venue : MERI College Play Ground

No. of Participants: 35

Sports Incharge : Dr Sumit Chauhan

Coordinator(s) : Mr. Ishwar Singh

The Sports Club of Management Education and Research Institute-MERI, Janak Puri, New Delhi, Organized an Intra College **SPORTS MEET** on 25th January, 2025 at 10:30 am onwards in the in MERI College Play Ground, Janak Puri. The referee of the tournament was Mr Ishwar Singh, Coordinator of Sports Club and Assistant Professor, MERI College, Janak Puri.

35 participants(as per list attached) from various courses participated in the tournament. Sports Club congratulates Winner of 1st Position, 2nd Position and 3rd Position winner of girls Team and boys team .

Winners of 100 Mtr Race(Boys)

1st Position : Alwin Binu, **2nd Position:** Deeptanshu, **3rd Position:** Aditya Malik

Winners of 100 Mtr Race(Girls)

1st Position : Ms. Anjani Kumari, **2nd Position :** Geet Bhatt, **3rd Position :** Arushi Kumari

Winners of 200 Mtr Race(Boys)

1st Position : Alwin Binu, **2nd Position:** Deeptanshu Sharma, **3rd Position:** Sundram

Winners of 200 Mtr Lemon Race

1st Position : Anjani Kumari , **2nd Position:** Geet Bhatt, **3rd Position:**
Amandeep

Winners of Tug of War Competition:

1st Position (Boys)

Alok

Gurmukh

Priyansh

Yuvraj

Sahajpreet Kaur

Saurabh

1st Position (Girls)

Anshi

Geet Bhatt

Amandeep Kaur

Lipika

Manya

Nishtha

Neha Dhawan

Sudhita Juneja

2nd Position(Boys)

Deeptanshu Sharma

Digraj

Jatin Negi

Parth Chawla

Sahib Jeet Singh

2nd Position(Girls)

Vidhi

Harshita

Jagriti

Mashu Kumari

Yahushi

3rd Position(Boys)

Alwin

Manjot

Mohit

Pranay

Suraj

Glimpse of Intra College Sports Meet 2025:



New Delhi, Delhi, India
10, Aditi Apartments, Gokalpur, Block B 1b, Janakpuri, New
Delhi, Delhi, 110058, India
Lat 28.610202° Long 77.103094°
25/01/25 10:52 AM GMT +05:30





 **GPS Map Camera**

Delhi, Delhi, India

Council For Advancement Og Peoples Action & Rural Technology
Building, Sewa Marg, Pocket D 1a, Janakpuri, Delhi, 110058, India

Lat 28.610245° Long 77.102985°

25/01/25 11:07 AM GMT +05:30



 **GPS Map Camera**



Delhi, Delhi, India

Council For Advancement Og Peoples Action & Rural Technology
Building, Sewa Marg, Pocket D 1a, Janakpuri, Delhi, 110058, India

Lat 28.61025° Long 77.102964°
25/01/25 11:06 AM GMT +05:30







Delhi, Delhi, India
Council For Advancement Og Peoples Action & Rural Technology
Building, Sewa Marg, Pocket D 1a, Janakpuri, Delhi, 110058, India
Lat 28.610241° Long 77.102941°
25/01/25 11:15 AM GMT +05:30

MANAGEMENT EDUCATION & RESEARCH INSTITUTE

NOTICE

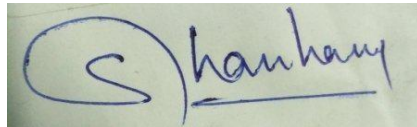
September 27, 2024

This is to inform to all the students that MERI College, Janak Puri is organizing SPARDHA-2025 in collaboration of MERI College of Engineering and Technology, The interested students may submit their names to the undersigned *(if not submitted earlier using Google form link)*.

Student's Coordinator- Tarun Vashisht-7678694679 & Ayush

Tiwari-9990290860

The same has to be announced by the class co-coordinators in their respective classes.



Sports Coordinators

Dr. Sumit Chauhan, Mr. Ishwar Singh

Copy to: -

1. Vice President – For information please
2. CFO – For information please
3. Dean(Management) – For information please
4. HoD(IT) – For information please
5. All Class Co-coordinators
6. All Notice Boards
7. Mr. Vipin-For Website Upload

REPORT ON

SPARDHA-2025

Date: 24TH & 25TH February, 2025

Day: Monday & Tuesday

Time: 10:30 AM onwards

Venue : Play Ground, Sampla

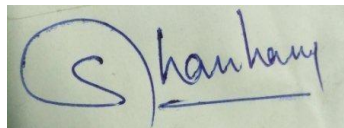
No. of Participants: 60

Sports Incharge : Dr Sumit Chauhan, MERI-Janak Puri

Coordinator(s) : Mr Sandeep Chillar, Mr. Nitin, Sampla & Mr. Ishwar Singh(MERI-Janakpuri)

The Sports Club of Management Education and Research Institute-MERI, Janak Puri, New Delhi, in collaboration with MERI College of Engineering & Technology SPARDHA-2025 on 24TH & 25TH February, 2025 at 10:30 am onwards in the Playground, Sampla. The referee of the tournament was Mr Sandeep Chillar, Mr. Nitin, Coordinator of Sports Committee, Sampla.

60 participants(as per list attached) from various courses participated in the tournament. Sports Club congratulates Winner of 1st Position, 2nd Position and 3rd Position winner of girls Team and boys team.

A handwritten signature in blue ink, appearing to read 'Sumit Chauhan', with a horizontal line underneath the name.

Sports Coordinator-MERI, Janakpuri

Dr. Sumit Chauhan & Mr. Ishwar Singh

Glimpse of event:





GPS Map Camera
Ismaila-b, Haryana, India
Sanjays Farm House, Ismaila-b, Haryana 124501, India
Lat 28.766935° Long 76.759168°
25/02/2025 09:56 AM GMT +05:30



GPS Map Camera
Ismaila-b, Haryana, India
Qq95+c8x, Delhi Rohtak Corridor, Ismaila-b, Haryana
124506, India
Lat 28.767913° Long 76.758146°
25/02/2025 10:25 AM GMT +05:30

Management Education & Research Institute		
SPORTS & GAMES FACILITIES LIST		
S. NO.	DESCRIPTION	QUANTIT Y
1	FITNESS WORLD - COMMERCIAL TREADMILL T-5	One
2	FITNESS WORLD - JOVEN ELLIPTICAL	One
3	FITNESS WORLD - X-1 SPINNING BIKE	One
4	BODY-SOLID G5S - STATION HOME GYM	One
5	BODY SOLID- FLAT/INCLINE/DECLINE BENCH	One
6	BODY SOLID-POWERCENTER COMBO BENCH	One
7	BODY SOLID 40"wide 3 Tier Dumbbell Rack	One
8	BODY SOLID - GDCC200 FUNCTIONAL TRAINING CENTER	One
9	FITNESS WORLD - Rubber Hex Dumbbells (In Kg)	One
10	FITNESS WORLD - Olympic Color Disc (50mm) (In Kg)	One
11	FITNESS WORLD - Hard Crome Olympic Bar	One
12	FITNESS WORLD - Yoga Mat	One
13	FITNESS WORLD - Gym Ball (In Cm)	One
14	FITNESS WORLD - DUAL COLOR PUSH UP BAR	One
15	POOL TABLE	One
16	TABLE TENNIS TABLE	Two
17	CHESS BOARDS	Five
18	CAROM BOARDS WITH COINS	One
19	Football	One

20	Badminton Racket	Four
21	Volleyball	One
22	Tug of War Rope	One