



INTEGRAL UNIVERSITY




FACULTY OF COMMERCE
INTEGRAL UNIVERSITY, LUCKNOW

Ref. No.- 10/FC Notice/Fiesta/2025/06

Date: 30th January'25

NOTICE

We are excited to announce that **Faculty of Commerce, Integral University** is organizing a **“Arm Wrestling”** competition on **30th January’2025**. All students are invited to participate in the event. Test your strength, skill, and endurance in this exciting challenge. Join us for an electrifying battle of power, endurance, and skill. Bring your energy, challenge your opponents, and **become the ultimate arm-wrestling champion**. Don’t miss this opportunity to shine and showcase inner strength. We look forward to your participation and making this event a grand success.



20.01.2025

(Prof). Adeel Maqbool
Vice-Dean
Faculty of Commerce





INTEGRAL UNIVERSITY
LUCKNOW - INDIA



FACULTY OF COMMERCE ORGANISES BATTLE OF STRENGTH

FOR BOTH
BOYS & GIRLS



E-Certificate
to all the
participants

ARM WRESTLING COMPETITION

PRIZES 🏆
1st - Trophy &
Certificate
2nd - Certificate

SCAN FOR REGISTRATION



JAN 30, 2025
12:00 PM ONWARDS



SEMINAR HALL, 3RD
FLOOR, BNLT (E-BLOCK)



CONVENER

PROF. (DR) ADEEL MAQBOOL
VICE DEAN, FACULTY OF COMMERCE

DR. FARHINA SARDAR KHAN
DQAC COORDINATOR

FOR MORE DETAILS CONTACT:

FACULTY COORDINATOR
DR. AFTAB ALAM
DR. AMNA SIDDIQUI
MR. VIDIT SRIVASTAVA

STUDENT COORDINATOR
VALI ALAM
(7800241458)
TASMIYA ISMAIL

Department of Commerce, Integral University, Lucknow Hosts Arm Wrestling Competition

The Department of Commerce at Integral University, Lucknow, organized an *Arm Wrestling Competition* on January 30 at the department's Seminar Hall. The event witnessed enthusiastic participation from students across various departments, along with faculty members. The objective was to promote physical fitness, resilience, and a spirit of healthy competition among students.

The competition was **inaugurated by Dr. Mohd. Zafar, Director of Sports, and Prof. (Dr.) Adeel Maqbool, Vice-Dean, Faculty of Commerce**. Both dignitaries emphasized the significance of integrating sports and fitness into students' daily lives for holistic development.

Participants were divided into weight categories to ensure fair competition. Matches were conducted in a knockout format, with students displaying remarkable strength, determination, and tactical prowess. The lively atmosphere was further energized by the cheers and support from the audience, comprising fellow students and faculty members.

Winners' List

Women's Category:

- **1st Position:** Roma Ali (M.Com)
- **2nd Position:** Tasmiya Ismail (B.Com Hons)
- **3rd Position:** Shifa Fatima (M.Com)

Men's 55-65 kg Category:

- **1st Position:** Sahil Rahman (BCA)
- **2nd Position:** Khan Aurangzeb (B.Tech DSAI)
- **3rd Position:** Sandeep Maurya (BCA)

Men's 65-75 kg Category:

- **1st Position:** Adil Qazi (Law)
- **2nd Position:** Siddharth (BCA)
- **3rd Position:** Tahseen Raza (B.Tech CSE)

Men's 75+ kg Category:

- **1st Position:** Hammaz Khan (B.Tech DSAI)
- **2nd Position:** Aaron Jai Singh (B.Tech DSAI)
- **3rd Position:** Furkan Ahmad (BCA)

The event was coordinated by faculty members **Dr. Aftab Alam, Mr. Vidit Srivastava, and Dr. Amna Siddiqui**, with commendations for their meticulous planning and seamless execution. Student volunteers also played a crucial role in ensuring the competition's success.

In the closing ceremony, **Prof. (Dr.) Adeel Maqbool** addressed the gathering, expressing appreciation for the enthusiastic participation and highlighting the importance of sports in fostering personal and professional development. Winners and runners-up were awarded trophies and certificates in recognition of their dedication and achievements.

Feedback from participants and attendees was overwhelmingly positive, emphasizing the importance of organizing such events to nurture a vibrant campus culture.







INTEGRAL UNIVERSITY



Arm Wrestling Competition

Attendance Sheet

30th Jan'25

Date: 30/01/25
Venue: Seminar Hall E-Block
Time: 1:30 PM onwards.

S. No.	Participant Name	Age	Weight Category (if any)	Contact No.	Attendance (✓/X)	Match Result (W/L)	Remarks
1	Mohd Saif		60	7860420053	✓		
2	Mumtaj Khan		60	8756647684	✓		
3	Mohd Salman		56	912041720	✓		
4	Md Schaeil Khan		52	7518345211	✓		
5	Sandeep Maury		54	9569144392	✓		
6	Abdullah Arif		58	8273084952	✓		
7	Deep Gupta		60	8874351184	✓		
8	Kham Aurangzeb		59	9577617777	✓		
9	Ayush Mishra		70	8738049942	✓		
10	Siddharth Kharwari		66	7905301675	✓		
11	Srajal Kuri		80	831890939	✓		
12	Mohd Altaf		72	9984086729	✓		
13	Tahsin Raaz		69	8789759987	✓		
14	mohamãd saqwan		66	9794766878	✓		
15	Rajam Kushwaha		68	9151292724	✓		

16	Mohd. Aman	62	62	9044226328	✓
17	Tabrej ALAM		57	8808507578	✓
18	Fuzkan Ahmad		84	9569744572	✓
19	Abdul Bari		75	9125965965	✓
20	Adil Qazi		67	7380630575	✓
21	Mohammad Saqib		88	9569198994	✓
22	Mohammad Mashab Khan		92	9026665443	✓
23	Aaron Tariq		83	6392078059	✓
24	Mohammad Kaif		65	7348264434	✓
st ✓ 25	Sahil Rahman		64.5	9005492396	✓
26					
27					
28					
29					
30					

Signature of Organizer: (1)



(2)

(3)

★ Notes: Participants must arrive 30 minutes before the event for verification.