

**FACULTY OF COMMERCE  
INTEGRAL UNIVERSITY, LUCKNOW**

**Ref. No.- 1U/FC/COMM/event/2025-26/06**

**Date: 25<sup>th</sup> February'2026**

**NOTICE**

We are excited to announce that **Faculty of Commerce, Integral University** is organizing a **“Arm Wrestling”** competition on **2<sup>nd</sup> February'2026**. 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.



**Prof Adeel Maqbool  
Vice-Dean  
Faculty of Commerce**

**A+ Fiesta 2026**  
05 TO 07 FEBRUARY  
INTEGRAL UNIVERSITY



**INTEGRAL UNIVERSITY**



# DEPARTMENT OF COMMERCE Organises ARM WRESTLING COMPETITION

For both  
Boys & Girls

E-Certificate  
to all  
Participants.

Prizes  
Trophy &  
Certificate  
1st, 2nd & 3rd

Preliminary rounds will be held on Friday & Saturday, 30th and 31st January.



2 ND FEBRUARY , 2026



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



Scan  
For Registration

**Convenor**

**Prof. Dr. Adeel Maqbool**  
Vice Dean , Department of Commerce

50 Rs.  
Registration  
Fee .

**Faculty coordinator**

*Dr. Mansoor Ilahi*  
*Dr. Aftab Alam*  
*Dr. Vedit Srivastava*

**Student coordinator**

*Dhruv Yadav :- 7818867707*  
*Shahanawaz ali :- 8887907950*  
*Umar Farooq :- 7355782866*

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

The Department of Commerce at Integral University, Lucknow, organized an *Arm Wrestling Competition* on 2<sup>nd</sup> February 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. Prof Monowar Alam Khalid, DSW, 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:** Malika Singh (Humanities)
- **2nd Position:** Lobaba zia(B.tech)

#### **Men's 55-65 kg Category:**

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

#### **Men's 65-75 kg Category:**

- **1st Position:** Aeraz Khan(Hotel Management)
- **2nd Position:** Adil Qazi (Law)
- **3rd Position:** Akash Khuswaha (B.Tech CSE)

#### **Men's 75+ kg Category:**

- **1st Position:** Zainul Abdeen (B.Tech DSAI)
- **2nd Position:** Rajan khushwaha (B.Tech DSAI)
- **3rd Position:** Saaem Khan (Hotel Management)

The event was coordinated by faculty members **Dr. Mansoor Ilahi, Dr. Aftab Alam, and Dr. Vidit Srivastava**, 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.







## ARM WRESTLING COMPETITION

### ATTENDANCE SHEET

Event Date: 2<sup>nd</sup> February '26

Venue: Department of Commerce

S. No	Participant Name	Weight (kg)	Contact No.	Signature
1	Adil Qazi	68	7380630575	<i>Adil</i>
2	Hammaz	85	8299397815	<i>Hammaz</i>
3	Faiz Ansari	72	9335222928	<i>Faiz</i>
4	MD-Anas	59	8601150585	<i>Anas</i>
5	Shohail Akhtar	98	7858862965	<i>Shohail</i>
6	AKASH KUSHWAHA	66	63876689	<i>AKASH</i>
7	Aeraz Khan	70	6307767198	<i>Aeraz Khan</i>
8	Mallika Singh	70	9336072740	<i>Mallika</i>
9	Tuba Tabassum	46 App.	9519159162	<i>Tuba</i>
10	lobaba Zia	70	6201676611	<i>lobaba</i>
11	Saeem Khan	82.5	7237053662	<i>Saeem</i>
12	Zainul Abdeen	86	7398502842	<i>Zainul</i>
13	Yusef Ali	<del>88</del> 58	8028281535	<i>Yusef</i>
14	Anurag Dixit	66.2	8392059605	<i>Anurag</i>
15	Rajon Kushwaha	76.45	<del>2300101402</del> 9181392739	<i>Rajon</i>
16	Sandeep Maury	61'05	9569144392	<i>Sandeep</i>
17				

18	Ankit Kumar	72 kg	9031529453	Ankit Kumar
19	SAURAV PRATAP SINGH	62 kg	7987433611	Saurav Prata
20	Kham Awlangzeb	61.5 kg	9517617777	Kham Awlangzeb
21	Faiz Qadir	80 kg	9580734759	Faiz Qadir
22				
23				
24				
25				
26				
27				
28				
29				
30				

Organizers Signature: (1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_