

## SPORTS

1. Tanya, a Batch 2021 student, secured first position in the 100m race during the Sports Week of Quadra Institute of Ayurveda, held in November 2024.
2. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, the Batch 2022 Girls' Team—Anshika, Shubhangi, Swati, Jeenat, Yeshra, and Aayushi Atri—won the Tug of War competition.
3. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, the Batch 2022 Boys' Team—Sakate Pranav, Mukund Anand, Arbaz Khan, Manan, Deepanshu, Harshit, and Taiyab—won the Tug of War competition.
4. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, the Batch 2022 Girls' Team—Prateeksha, Anshika, Shubhangi, Swati, and Aayushi Atri—won the Kho-Kho competition.
5. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, Jeenat and Shubhangi (Batch 2022) secured 1<sup>st</sup> position in the Badminton Singles and Doubles competitions.
6. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, the Batch 2022 Boys' Team—Sakate Pranav, Chavan Rohit, Mukund Anand, Arbaz Khan, Manan, Deepanshu, and Harshit—secured 1<sup>st</sup> position in the Kabaddi competition.
7. During the Sports Week at Quadra Institute of Ayurveda, held from November 26 to November 30, 2024, the Batch 2022 Boys' Team—Sakate Pranav, Chavan Rohit, Deepanshu, Harshit, and Utkarsh—secured 1<sup>st</sup> position in the Volleyball match.
8. Dhruv Namdev (Batch 2023) secured 1st position in badminton doubles held on 27 November 2024 at Quadra institute of Ayurveda's sports week.
9. Ritik Gangwar (Batch 2023) secured 1st position in badminton doubles and singles held on 27 November 2024 at Quadra institute of Ayurveda's sports week.
10. Sakshi Gosavi (Batch 2023) secured 2nd position in badminton single-girls held on 28 November 2024 at sports week of Quadra institute of Ayurveda.
11. Aditya Saini secured 1st position in chess held on 28 November 2024 at Quadra institute of Ayurveda's sports week.
12. Snehlata (Batch 2023) secured 1st position in chess held on 28 November 2024 at Quadra institute of Ayurveda's sports week.
13. Kriti Sharma (Batch 2023) secured 1st position in carrom competition held on 28 November 2024 at Quadra institute of Ayurveda's sports week.
14. Gufran Ali (caption) and team (Batch 2023) won kabaddi match held on 29 November 2024 at Quadra institute of Ayurveda's sports week.
15. Afzal (captain) and team (Batch 2023) were runner up in volley ball held on 29 November 2024 at Quadra institute of Ayurveda's sports week.

16. Rahul and team (Batch 2023) were runner up of tug of war boys held on 29 November 2024 at Quadra institute of Ayurveda's sports week.
17. Navneet Kaur and team (Batch 2023) were runner up of tug of war girls held on 29 November 2024 at Quadra institute of Ayurveda's sports week.
18. Dhruv Namdev (Batch 2023) secured 2nd position in sprint race held on 30 November 2024 at Quadra institute of Ayurveda's sports week.
19. Princi Saini (Batch 2023) secured 2nd position in sprint race held on 30 November 2024 at Quadra institute of Ayurveda's sports week.
20. Ujjawal (captain) and team (Batch 2023) won cricket match on 30 November 2024 at Quadra institute of Ayurveda's sports week.

