

**APEX TRUST NURSING COLLEGE**  
**&**  
**APEX INSTITUTE OF PARAMEDICAL SCIENCES, CHUNAR.**

**Report on College Annual Sports Event**

The Annual Sports Event of Apex Trust Nursing College & Apex Institute of Paramedical Sciences was held on 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> March 2025 in Apex Trust Nursing College. The event aimed to promote physical fitness, teamwork, and sportsmanship among students. It witnessed enthusiastic participation from students, faculty, and staff, making it a grand success.

**Inauguration Ceremony:**

The event was inaugurated by Vice-Principal, Prof. Usha Rani R, Apex Trust Nursing College who emphasized the importance of sports in education and also motivated students for active participations.

**Sports Events:**

The sports were held between two teams **Unicorn & Phoenix** with several **Indoor and Outdoor** events.

On first day i.e. 3<sup>rd</sup> March, indoor events were conducted under the supervision of in charge Ms. Anushi Masih, Associate Professor, ATNC, including all the respective faculties.

**Indoor Events includes-**

- Chess (Boys & Girls)
- Carrom (Boys & Girls) – Single
- Carrom (Boys & Girls) – Mix Doubles
- Calligraphy (Hindi & English)
- Face Painting
- Mehendi
- Rangoli

On second & third day i.e. 4<sup>th</sup> & 5<sup>th</sup> March, outdoor events were conducted under the supervision of in charge Dr. Sahil George Lal, Associate Professor, ATNC, including all the respective faculties

**Outdoor Sports Include-**

- Race: 100 meters (Boys & Girls), 400-meter mix (Boys & Girls), Lemon Spoon (Girls), Sac Race (Boys & Girls).
- Long Jump (Boys & Girls)
- Kho-Kho (Girls)
- Throwball (Girls)
- Volleyball (Boys)
- Cricket (Boys & Girls)

**Note:** Winner's list has been attached at the last of this report.

On third day lunch had been provided by the college for all the students, teaching & non-teaching staffs, respectively.

All the events were completed successfully, without any hindrances and injury.

**Prize Distribution:**

The winners will be honoured with medals, trophies, and certificates during the time of lamp lighting ceremony.

**Conclusion:**

The Annual Sports Event was a resounding success, fostering a spirit of healthy competition and camaraderie.

**Recommendations:**

- More sports should be included to encourage wider participation.
- Improved facilities and better coordination for smooth conduct.
- More involvement of alumni and external sports professionals for motivation.

The event truly highlighted the essence of sports in holistic development and was a memorable experience for all involved.

***APEX TRUST NURSING COLLEGE***  
***&***  
***APEX INSTITUTE OF PARAMEDICAL SCIENCES,***  
***CHUNAR***

***SPECTRA 2025***

**SPORTS DAY March 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> 2025**



# Indoor Photo





# Outdoor Photo





**Apex Trust Nursing College & Apex Institute of**

**Paramedical Science, Chunar**

**Sport Events**

**INDOOR**

**Chess Boys**

**Chess Girls**

S.N.	Winner	Class &Semester	Runner up	Class &Semester
<b>1</b>	<b>Gauri (Phoenix)</b>	<b>6<sup>th</sup> Semester</b>	<b>Prakriti (Phoenix)</b>	<b>5<sup>th</sup> Semester</b>

**Carrom (Single) Boys**

S.N.	Winner	Class &Semester	Runner up	Class &Semester
<b>1</b>	<b>Vintesh Patel (Phoenix)</b>	<b>6<sup>th</sup> Semester</b>	<b>Abhishek Km. Rawat (Unicorn)</b>	<b>6<sup>th</sup> Semester</b>

**Carrom (Single) Girls**

S.N.	Winner	Class &Semester	Runner up	Class &Semester
<b>1</b>	<b>Raksha (Phoenix)</b>	<b>4<sup>th</sup> Year</b>	<b>Deepti (Unicorn)</b>	<b>6<sup>th</sup> Semester</b>

**Carrom (Mix Doubles)**

S.N.	Winner	Runner up
<b>1</b>	<b>Nitish Singh and Deepti (Unicorn)</b>	<b>Vintesh Patel and Raksha Rao ((Phoenix)</b>

**RANGOLI**

S.N.	Winner
<b>I</b>	<b>Vartika &amp; Tanu (5<sup>th</sup> Semester) - (Phoenix)</b>
<b>II</b>	<b>Shveta Singh &amp; Ananya Singh (6<sup>th</sup> Semester) - (Phoenix) / Ritu Patel &amp; Sakshi (2<sup>nd</sup> Semester) - (Phoenix)</b>
<b>III</b>	<b>Shivangi Vishwakarma &amp; Khushboo (4<sup>th</sup> Semester) - (Unicorn)</b>



### MEHENDI

S.N.	Winner
I	Shivani Bharti & Bhumika (4 <sup>th</sup> Semester) - (Unicorn)
II	Swechha Srivastava & Shital Singh (6 <sup>th</sup> Semester) - (Unicorn)
III	Tanu Priya & Tripti (5 <sup>th</sup> Semester) - (Phoenix)

### FACE PAINTING

S.N.	Winner
I	Akansha Gupta (5 <sup>th</sup> Semester) & Lovely Kumari (2 <sup>nd</sup> Semester) - (Unicorn)
II	Gauri (6 <sup>th</sup> Semester) & Sandhya (4 <sup>th</sup> Semester) - (Unicorn)
III	Sanjana & Shalu Patel (4 <sup>th</sup> Semester) - (Phoenix)

### CALIGRAPHY (HINDI)

S.N.	Winner
I	Soni Singh (4 <sup>th</sup> Semester) - (Unicorn)
II	Ananya Singh (6 <sup>th</sup> Semester) & Sandhya (4 <sup>th</sup> Semester) - (Phoenix)
III	Lovely Kumari (2 <sup>nd</sup> Semester) - (Unicorn)

### CALIGRAPHY (ENGLISH)

S.N.	Winner
I	Shivangi Vishwakarma (4 <sup>th</sup> Semester) - (Phoenix)
II	Shivanjali Mohan Prajapati (6 <sup>th</sup> Semester) - (Unicorn)
III	Tanushka Kumari (4 <sup>th</sup> Semester) - (Unicorn)

**Apex Trust Nursing College & Apex Institute of  
Paramedical Science, Chunar  
Sport Events  
OUTDOOR**

**100 MTR RACE Boys**

S.N.	Winner	Class & Semester
<b>I</b>	<b>Subham (Phoenix)</b>	<b>4<sup>th</sup> Semester</b>
<b>II</b>	<b>Utkarsh Dubey (Unicorn)</b>	<b>2<sup>nd</sup> Semester</b>
<b>III</b>	<b>Prashant Kumar (Unicorn)</b>	<b>4<sup>th</sup> Semester</b>

100

**MTR RACE Girls**

S.N.	Winner	Class & Semester
<b>I</b>	<b>Achal Patel</b>	<b>5<sup>th</sup> Semester</b>
<b>II</b>	<b>Payal Singh (Unicorn)</b>	<b>6<sup>th</sup> Semester</b>
<b>III</b>	<b>Shalu Patel (Unicorn)</b>	<b>4<sup>th</sup> Semester</b>

400

**MTR RACE Boys & Girls**

S.N.	Winner
<b>I</b>	<b>Prashant, Achal Patel, Abhijeet Yadav &amp; Priyanka Rani - (Unicorn)</b>
<b>II</b>	<b>Shubham, Shalu Patel, Himanshu &amp; Ankita Jaiswal - (Phoenix)</b>
<b>III</b>	<b>Vintesh, Manu, Divyanshi &amp; Shveta Singh - (Phoenix)</b>

**LONG JUMP Boys**

S.N.	Winner
<b>I</b>	<b>Prashant Kumar (4<sup>th</sup> Semester) (Unicorn)</b>
<b>II</b>	<b>Ashish Paramedical (1<sup>st</sup> Year) (Unicorn)</b>
<b>III</b>	<b>Shubham (4<sup>th</sup> Semester) (Phoenix)</b>

**LONG JUMP Girls**

S.N.	Winner
<b>I</b>	<b>Shalu Patel (4<sup>th</sup> Semester) (Phoenix)</b>
<b>II</b>	<b>Deepthi (6<sup>th</sup> Semester) (Unicorn)</b>
<b>III</b>	<b>Priya Singh (4<sup>th</sup> Semester) (Unicorn)</b>

**LEMON SPOON RACE**

S.N.	Winner
<b>I</b>	<b>Monisha (6<sup>th</sup> Semester) (Phoenix)</b>
<b>II</b>	<b>Akansha Gupta (5<sup>th</sup> Semester) (Unicorn)</b>
<b>III</b>	<b>Deepthi (2<sup>nd</sup> Semester) Phoenix)</b>

**SAC RACE Boys**

S.N.	Winner
<b>I</b>	<b>Abhishek Rawat (6<sup>th</sup> Semester) (Unicorn)</b>
<b>II</b>	<b>Anurag Singh (Paramedical 2<sup>nd</sup> Year) (Phoenix)</b>
<b>III</b>	<b>Manu Kumar (4<sup>th</sup> Semester) (Phoenix)</b>

**SAC RACE Girls**

S.N.	Winner
<b>I</b>	<b>Deepthi (6<sup>th</sup> Semester) (Unicorn)</b>
<b>II</b>	<b>Pragati (6<sup>th</sup> Semester) (Unicorn)</b>
<b>III</b>	<b>Payal Singh (6<sup>th</sup> Semester) (Phoenix)</b>

**THROWBALL**

S.N.	Winner (Phoenix)	Class & Semester
1	Jiya Singh	6 <sup>th</sup> Semester
2	Divyanshi	6 <sup>th</sup> Semester
3	Shveta Singh	6 <sup>th</sup> Semester
4	Shalu Patel	4 <sup>th</sup> Semester
5	Ankita Jaiswal	4 <sup>th</sup> Semester
6	Priyanka Pal	4 <sup>th</sup> Semester
7	Hema Kushwaha	2 <sup>nd</sup> Semester

**KHO-KHO**

S.N.	Winner (Unicorn)	Class & Semester
1	Gauri	6 <sup>th</sup> Semester
2	Deepti Singh	6 <sup>th</sup> Semester
3	Achal Patel	5 <sup>th</sup> Semester
4	Archana	5 <sup>th</sup> Semester
5	Sukanya	5 <sup>th</sup> Semester
6	Priyanka Rani	3 <sup>rd</sup> Semester
7	Sandhya	4 <sup>th</sup> Semester
8	Arya	2 <sup>nd</sup> Semester

**TUG OF WAR Girls**

S.N.	Winner (Unicorn)	Class & Semester
1	Swechha Srivastava	6 <sup>th</sup> Semester
2	Pragati	6 <sup>th</sup> Semester
3	Sandhya	4 <sup>th</sup> Semester
4	Daraksha	4 <sup>th</sup> Semester
5	Shaloo Singh	4 <sup>th</sup> Semester
6	Shivani Bharti	4 <sup>th</sup> Semester
7	Akansha Singh	4 <sup>th</sup> Semester

<b>8</b>	<b>Priya Singh</b>	<b>2<sup>nd</sup> Semester</b>
<b>9</b>	<b>Diksha</b>	<b>2<sup>nd</sup> Semester</b>
<b>10</b>	<b>Anshika</b>	<b>Paramedical 1<sup>st</sup> Year</b>

**TUG OF WAR Boys**

<b>S.N.</b>	<b>Winner (Unicorn)</b>	<b>Class &amp; Semester</b>
<b>1</b>	<b>Nitish Singh</b>	<b>6<sup>th</sup> Semester</b>
<b>2</b>	<b>Subh Narayan</b>	<b>6<sup>th</sup> Semester</b>
<b>3</b>	<b>Prince Kumar</b>	<b>6<sup>th</sup> Semester</b>
<b>4</b>	<b>Abhishek Rawat</b>	<b>6<sup>th</sup> Semester</b>
<b>5</b>	<b>Jesse Nicolas Grey</b>	<b>6<sup>th</sup> Semester</b>
<b>6</b>	<b>Sudhanshu</b>	<b>6<sup>th</sup> Semester</b>
<b>7</b>	<b>Ritesh Patel</b>	<b>5<sup>th</sup> Semester</b>
<b>8</b>	<b>Prashant Kumar</b>	<b>4<sup>th</sup> Semester</b>
<b>9</b>	<b>Abhijeet Yadav</b>	<b>4<sup>th</sup> Semester</b>
<b>10</b>	<b>Anmol</b>	<b>2<sup>nd</sup> Semester</b>

**CRICKET Boys**

<b>S.N.</b>	<b>Winner (Phoenix)</b>	<b>Class &amp; Semester</b>
<b>1</b>	<b>Abhishek Singh</b>	<b>6<sup>th</sup> Semester</b>
<b>2</b>	<b>Vintesh Patel</b>	<b>6<sup>th</sup> Semester</b>
<b>3</b>	<b>Himanshu</b>	<b>6<sup>th</sup> Semester</b>
<b>4</b>	<b>Aditya Mishra</b>	<b>5<sup>th</sup> Semester</b>
<b>5</b>	<b>Manu Kumar</b>	<b>5<sup>th</sup> Semester</b>
<b>6</b>	<b>Shubham</b>	<b>5<sup>th</sup> Semester</b>
<b>7</b>	<b>Amit</b>	<b>5<sup>th</sup> Semester</b>
<b>8</b>	<b>Akash</b>	<b>5<sup>th</sup> Semester</b>
<b>9</b>	<b>Utkarsh</b>	<b>2<sup>nd</sup> Semester</b>
<b>10</b>	<b>Ashish Dubey</b>	<b>2<sup>nd</sup> Semester</b>
<b>11</b>	<b>Anurag Singh</b>	<b>Paramedical 2<sup>nd</sup> Year</b>

**CRICKET Girls**

<b>S.N.</b>	<b>Winner (Phoenix)</b>	<b>Class &amp; Semester</b>
<b>1</b>	<b>Jiya Singh</b>	<b>6<sup>th</sup> Semester</b>
<b>2</b>	<b>Divyanshi</b>	<b>6<sup>th</sup> Semester</b>
<b>3</b>	<b>Shveta Singh</b>	<b>6<sup>th</sup> Semester</b>
<b>4</b>	<b>Shalu Patel</b>	<b>4<sup>th</sup> Semester</b>
<b>5</b>	<b>Ankita Jaiswal</b>	<b>4<sup>th</sup> Semester</b>
<b>6</b>	<b>Priyanka Pal</b>	<b>4<sup>th</sup> Semester</b>
<b>7</b>	<b>Sanjana</b>	<b>4<sup>th</sup> Semester</b>
<b>8</b>	<b>Sanjana Vishwakarma</b>	<b>4<sup>th</sup> Semester</b>
<b>9</b>	<b>Bhumika</b>	<b>4<sup>th</sup> Semester</b>
<b>10</b>	<b>Julie</b>	<b>4<sup>th</sup> Semester</b>
<b>11</b>	<b>Khushboo</b>	<b>4<sup>th</sup> Semester</b>

**VOLLYBALL**

<b>S.N.</b>	<b>Winner (Unicorn)</b>	<b>Class &amp; Semester</b>
<b>1</b>	<b>Nitish Singh</b>	<b>6<sup>th</sup> Semester</b>
<b>2</b>	<b>Shubh Narayan</b>	<b>6<sup>th</sup> Semester</b>
<b>3</b>	<b>Abhishek Rawat</b>	<b>6<sup>th</sup> Semester</b>
<b>4</b>	<b>Aman Pandey</b>	<b>6<sup>th</sup> Semester</b>
<b>5</b>	<b>Abhijit Yadav</b>	<b>2<sup>nd</sup> Semester</b>
<b>6</b>	<b>Prashant</b>	<b>2<sup>nd</sup> Semester</b>
<b>7</b>	<b>Sharudra</b>	<b>2<sup>nd</sup> Semester</b>