



AL FALAH SCHOOL OF MEDICAL SCIENCES & RESEARCH CENTER



ALFALAH UNIVERSITY
DHAUJ, FARIDABAD

AFU/February, 28/2025

DATE- 28-02-2025

FRIENDLY SPORTS WEEK (22 to 27 February 2025)

The Friendly Sports Week 2025, held from February 22nd to 27th, was a remarkable showcase of athletic talent, teamwork, and competitive spirit. This inter-house event brought together Bidhan House (Red), Raman House (Yellow), Kalam House (Blue), and Krishnan House (Green) in a series of sporting competitions that tested endurance, skill, and determination. The week was a celebration of sportsmanship and unity, fostering camaraderie among participants while highlighting the importance of physical fitness and perseverance.

We extend our sincere gratitude to Vice Chancellor, Dr. Prof. Bhupinder Kaur Anand, for her invaluable support and encouragement, as well as to Dr. Shweta Sehgal (Department of Physiology) Dr. Faisal Gilani (Head, Department of Forensic Medicine & Toxicology), Dr. Pankaj and Dr. Gaurav for their guidance.

We are also deeply appreciative of the sports office team, faculty members, management, and staff for their dedicated efforts in ensuring the success of this event. A special acknowledgment goes to the secretaries, team members, house captains, and vice captains, whose leadership and commitment played a pivotal role in organizing and executing the competitions.

This Sports Week is not merely a conclusion but the foundation for a continued culture of teamwork, discipline, and excellence. Let us carry forward this passion for sports and uphold the spirit of perseverance and unity in all our future endeavors.

DAY WISE REPORT

DAY 1 - 22/02/25 (Saturday)

The first day of Sports Week 2025 set the stage for an exciting series of competitions, with teams displaying exceptional skill, determination, and sportsmanship.

The **Volleyball (Boys)** match saw an intense face-off between Kalam House (Blue) and Bidhan House (Red). Both teams exhibited remarkable coordination and resilience, but it was Bidhan House (Red) that emerged victorious, securing their first win of the tournament.

The **Badminton (Girls) Singles** matches witnessed fierce individual battles:

- Bidhan House (Red) vs. Krishnan House (Green) – Hibbah AFMG 755 (Red) clinched the victory.
- Raman House (Yellow) vs. Kalam House (Blue) – Abhilasha AFMG 795 (Blue) triumphed.
- Bidhan House (Red) vs. Krishnan House (Green) – Deiksha AFMG 730 (Green) emerged as the winner.
- Raman House (Yellow) vs. Kalam House (Blue) – Aalia AFMG 676 (Yellow) secured the win.

The **Badminton (Girls) Doubles** matches showcased outstanding teamwork and strategy:

- Raman House (Yellow) vs. Bidhan House (Red) – Bidhan House (Red) dominated the game and emerged victorious.
- Krishnan House (Green) vs. Kalam House (Blue) – Kalam House (Blue) secured the win with a stellar performance.

DAY 2 - 23/02/25 (Sunday)

The second day of Sports Week 2025 continued the momentum with yet another exhilarating match, highlighting teamwork, resilience, and determination.

The **Volleyball (Boys)** match featured an intense clash between Krishnan House (Green) and Raman House (Yellow). Both teams displayed commendable coordination and strategy, making for a thrilling contest. However, Krishnan House (Green) showcased superior gameplay and emerged victorious, securing a well-deserved win.

DAY 3 - 24/02/25 (Monday)

The third day of Sports Week 2025 witnessed a thrilling mix of physical endurance and strategic gameplay as participants competed fiercely in volleyball and chess.

The **Volleyball (Boys)** match saw Kalam House (Blue) facing off against Raman House (Yellow). Both teams exhibited exceptional teamwork and determination, but Kalam House (Blue) secured a decisive victory, showcasing their dominance on the court.

Chess (Round 1) tested the intellectual prowess of the participants, with strategic moves determining the victors:

Boys' Winners:

- 🏆 Lalit AFMG 729 (Raman House - Yellow)
- 🏆 Yugal AFMG 719 (Kalam House - Blue)
- 🏆 Lakshay AFMG 701 (Krishnan House - Green)
- 🏆 Harshit AFMG 872 (Krishnan House - Green)


Girls' Winners:

- 🏆 Tanushree AFMG 835 (Krishnan House - Green)
- 🏆 Jahanvi AFMG 690 (Raman House - Yellow)
- 🏆 Nameen AFMG 661 (Bidhan House - Red)

DAY 4 - 25/02/25 (Tuesday)

The fourth day of Sports Week 2025 witnessed an intense lineup of matches, bringing together physical endurance, precision, and strategic excellence.

Volleyball (Boys)

 Bidhan House (Red) vs. Krishnan House (Green) – Winner: Bidhan House (Red)

Basketball (Girls) – 3 vs 3

 Krishnan House (Green) vs. Kalam House (Blue) – Winner: Kalam House (Blue)


 Raman House (Yellow) vs. Bidhan House (Red) – Winner: Raman House (Yellow)

Chess (Round 2)


The chess matches saw intense battles of intellect, with players demonstrating exceptional strategic thinking.


Boys' Winners:

 Lalit AFMG 719 (Raman House - Yellow)

 Lakshay AMFG 701 (Krishnan House - Green)

Girls' Winners:

 Tanushree AFMG 835 (Krishnan House - Green)


 Nameen AFMG 661 (Bidhan House - Red)

Carrom (Boys)

 Singles:

• Kalam House (Blue) vs. Bidhan House (Red) – Winner: Kalam House (Blue)

• Krishnan House (Green) vs. Raman House (Yellow) – Winner: Krishnan House (Green)

 Doubles:

• Krishnan House (Green) vs. Bidhan House (Red) – Winner: Bidhan House (Red)


• Raman House (Yellow) vs. Kalam House (Blue) – Winner: Kalam House (Blue)

Carrom (Girls)

 Singles:

• Bidhan House (Red) vs. Kalam House (Blue) – Winner: Bidhan House (Red)


• Raman House (Yellow) vs. Krishnan House (Green) – Winner: Krishnan House (Green)


 Doubles:

• Krishnan House (Green) vs. Bidhan House (Red) – Winner: Bidhan House (Red)

• Raman House (Yellow) vs. Kalam House (Blue) – Winner: Raman House (Yellow)

Badminton (Boys)

 Singles (Round 1) Winners: Bidhan House (Red) & Raman House (Yellow)


 Doubles Winners: Bidhan House (Red) & Krishnan House (Green)

Badminton (Girls)

 Singles:

• Raman House (Yellow) vs. Bidhan House (Red) → Bidhan House (Red)

• Kalam House (Blue) vs. Krishnan House (Green) → Winner: Kalam House (Blue)

 Doubles:

• Raman House (Yellow) vs. Bidhan House (Red) → Winner: Bidhan House (Red)


• Krishnan House (Green) vs. Kalam House (Blue) → Winner: Kalam House (Blue)

DAY 5 - 26/02/25 (Wednesday)


Cricket (Boys)

 Bidhan House (Red) vs. Krishnan House (Green) – Winner: Bidhan House (Red)

Football (Boys)

 Bidhan House (Red) vs. Krishnan House (Green) – Winner: Krishnan House (Green)

Chess (Finals)


 Boys' Winner: Lalit (Raman House - Yellow)

 Girls' Winner: Nameen (Bidhan House - Red) – Walkover

Table Tennis (Girls) – Round 1

 Singles:

- Bidhan (Red) vs. Kalam (Blue) – Winner: Kalam (Blue)
- Raman (Yellow) vs. Krishnan (Green) – Winner: Krishnan (Green)
- Raman (Yellow) vs. Kalam (Blue) – Winner: Kalam (Blue)
- Krishnan (Green) vs. Bidhan (Red) – Winner: Bidhan (Red)

 Doubles:

- Krishnan (Green) vs. Bidhan (Red) – Winner: Krishnan (Green)
- Kalam (Blue) vs. Raman (Yellow) – Winner: Kalam (Blue)

Badminton (Boys)

 Singles Winner: Armaan (AFMG 432, Bidhan House - Red)

 Doubles Winner: Krishnan House (Green)

DAY 6 - 27/02/25 (Thursday)

Badminton (Girls)

 Singles:

- Bidhan (Red) vs. Kalam (Blue) → Tanishqa vs. Abhilasha – Winner: Kalam (Blue)

 Doubles:

- Bidhan (Red) vs. Kalam (Blue) → Mansha & Huda vs. Jayanti & Khushi – Winner: Kalam (Blue)

Table Tennis (Girls)

 Singles Semifinals:

- Krishnan (Green) vs. Kalam (Blue) → Winner: Krishnan (Green)
- Kalam (Blue) vs. Bidhan (Red) → Winner: Kalam (Blue)

 Singles Finals:

- Krishnan (Green) vs. Kalam (Blue) → Winner: Kalam (Blue)


 Doubles Finals:

- Krishnan (Green) vs. Kalam (Blue) → Winner: Kalam (Blue)

Football (Boys)

 Raman House (Yellow) vs. Kalam House (Blue) – Winner: Kalam House (Blue)

Volleyball (Boys)

 Bidhan House (Red) vs. Krishnan House (Green) – Winner: Krishnan House (Green)

As the final matches wrapped up, Sports Week 2025 celebrated not just victories but also resilience, teamwork, and the unwavering passion for sports. The event may be coming to an end, but the enthusiasm and spirit will continue to thrive!





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