

**NATIONAL SPORTS DAY**  
**30 SECONDS CHALLENGE**

**CLASS X (BOYS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
PUSHUPS	1) SAMARTH SAINI	30	PARTICIPATION
TUCK IN TUCK-OUT	-----	-----	-----
BICYCLE CRUNCHES	-----	-----	-----
BURPEE JUMPS	1) ARJUN JAWA	08	PARTICIPATION
ROPE SKIPPING	-----	-----	-----

**CLASS X (GIRLS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
MODIFIED PUSHUPS	1) JHILMIL CHATTERJEE	18	PARTICIPATION
TUCK IN TUCK-OUT	-----	-----	-----
BICYCLE CRUNCHES	1) ADINA SETHI 2) SAKSHI SHAH	50 50	PARTICIPATION PARTICIPATION
BURPEE JUMPS	-----	-----	-----
ROPE SKIPPING	-----	-----	-----

**CLASS XI (BOYS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
PUSHUPS	1) RISHIL CHOPRA	52	PARTICIPATION
TUCK IN TUCK-OUT	-----	-----	-----
BICYCLE CRUNCHES	1) DIVYANSHU YADAV	18	PARTICIPATION
BURPEE JUMPS	1) RISHIL CHOPRA 2) DIVYANSHU YADAV	11 08	PARTICIPATION PARTICIPATION
ROPE SKIPPING	-----	-----	-----

**CLASS XI (GIRLS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
MODIFIED PUSHUPS	-----	-----	-----
TUCK IN TUCK-OUT	-----	-----	-----
BICYCLE CRUNCHES	1) GUNEET KAUR	27	PARTICIPATION
BURPEE JUMPS	-----	-----	-----
ROPE SKIPPING	-----	-----	-----

**CLASS XII (BOYS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
PUSHUPS	1) ARYAN HANS	23	PARTICIPATION
TUCK IN TUCK-OUT	1) ARYAN HANS	21	PARTICIPATION
BICYCLE CRUNCHES	1) ARYAN HANS	63	PARTICIPATION
BURPEE JUMPS	1) ARYAN HANS	10	PARTICIPATION
ROPE SKIPPING	1) ARYAN HANS 2) PRATHAM BIHANI 3) HRISHIKESH PARASHAR	96 87 77	PARTICIPATION PARTICIPATION PARTICIPATION

**CLASS XII (GIRLS)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
MODIFIED PUSHUPS	-----	-----	-----
TUCK IN TUCK-OUT	1) BHAVYA CHHABRA	07	PARTICIPATION
BICYCLE CRUNCHES	1) LAVANYA RATHI 2) BHAVYA CHHABRA	75 40	PARTICIPATION PARTICIPATION
BURPEE JUMPS	-----	-----	-----
ROPE SKIPPING	1) DIYA HALDER	74	PARTICIPATION

**TEACHERS (FEMALES)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
MODIFIED PUSHUPS	1) SUSMITA MOHANTI		PARTICIPATION
ROPE SKIPPING	1) PRIYA 2) SUSMITA MOHANTI 3) SHRIYA KHANNA	74 61 52	PARTICIPATION PARTICIPATION PARTICIPATION
JUMPING JACKS	1) NEELAM CHHIBBER 2) SUSMITA MOHANTI 3) NAMITA	35 34 32	PARTICIPATION PARTICIPATION PARTICIPATION
RUN & CLAP	1) SUSMITA MOHANTI 2) NEELAM CHHIBBER 3) NAMITA	125 108 72	PARTICIPATION PARTICIPATION PARTICIPATION

**TEACHERS (MALES)**

<b><u>NAME OF THE CHALLENGE</u></b>	<b><u>NAME OF THE PARTICIPANT</u></b>	<b><u>NO. OF REPETITIONS</u></b>	<b><u>POSITION/ RANK</u></b>
PUSHUPS	1) O.P. CHHIBBER	30	PARTICIPATION
ROPE SKIPPING	1) O.P. CHHIBBER	93	PARTICIPATION
JUMPING JACKS	1) O.P. CHHIBBER	40	PARTICIPATION
RUN & CLAP	1) O.P. CHHIBBER	127	PARTICIPATION