



R. J. COLLEGE of Arts, Science & Commerce (Empowered Autonomous)

(Hindi Vidya Prachar Samiti's **RAMNIRANJAN JHUNJHUNWALA COLLEGE of Arts, Science & Commerce**)

Opposite Ghatkopar Railway Station, Ghatkopar (West), Mumbai - 400086, Maharashtra, INDIA.

Website: www.rjcollege.edu.in • Email : rjcollege@rjcollege.edu.in • Tel No. + 91 22 25151763

College is recognized under Section 2(f) & 12(B) of the UGC Act, 1956

Affiliated to UNIVERSITY OF MUMBAI || NAAC Re-Accredited 'A' Grade (CGPA: 3.10)

Date: 24/12/2023

Notice

Rotaract club of Ramniranjan Jhunjunwala college

The Rotaract Club of Ramniranjan Jhunjunwala College is organizing a sports event called FIT in which an online platform will be provided to instill and promote a sense of fitness among students, encouraging them to adopt healthier lifestyles. All are warmly invited to join us in this healthy initiative. The details of the event are as follows:

Day: Tuesday

Date: 27th December 2023

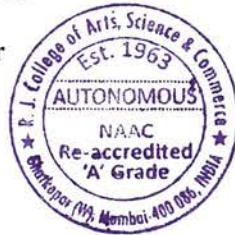
Time: 12:00 pm

Venue: Online

All are cordially invited.

Prof. Kalaiselvi Nadar

BMS Coordinator



Dr. Himanshu Dawda

Principal

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RAMNIRANJAN JHUNJHUNWALA COLLEGE
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)
Ghatkopar (W), Mumbai-400 086, Maharashtra, INDIA

2019: Star College Status by DBT

2008: Best College by University of Mumbai 2010: IMC RBNQ Award 'Performance Excellence' for the year 2009

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Brochure:

F.I.T.
- Transform today, conquer tomorrow

FIVE DAY'S FITNESS CHALLENGE

JOIN NOW

📅 27th December to 31st December 2023.
📍 Online (Google Form)

Plank Push-ups Crunches Squats Skipping

RSVP

☎ Rtr. Riddhi (9326665327)
☎ Rtr. Aman (9326976098)

📱 @rotaract_club_of_rj_college 📧 rcrjcollege@gmail.com 📺 RCRJ 🐦 @RCRj_college 📺 RCRJ College



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Report

Rotaract club of RJ College

Name of the Event: FIT

Day: Tuesday

Date: 27th December 2023

Time: 12:00 p.m. onwards

Venue: Online

No. of Participants: 34

- FIT was organized with the aim of instilling and promoting a sense of fitness among students, encouraging them to adopt healthier lifestyles.
- We provided a dedicated platform for passionate gym enthusiasts to showcase their skills, dedication, and achievements in the fitness realm.
- A set of exercises were planned which included Push-ups, Squats, Crunches, Skipping, and Planks. The registration process for our event began on December 26, 2023, and we were thrilled to see the enthusiasm among the gym enthusiasts.
- We wanted to ensure that every student had the opportunity to participate, so we all went out to spread the word. We made sure to announce the event in every classroom, capturing the attention of students and igniting their curiosity.

Objective:

1. To create an atmosphere of healthy competition, inspiring participants to push their limits while building strong bonds of camaraderie among them.
2. We provided a dedicated platform for passionate gym enthusiasts to showcase their skills, dedication, and achievements in the fitness realm.

Outcome:

1. The event helped the Participants to enhance their skills and excel their performance in the following challenges.
2. The impact of this event was truly remarkable. It not only left a positive impression on the participant but also provided a platform for individuals to Compete on a High Stage.
3. Positive feedback from students and teachers underlines the impact of the event in enhancing awareness within the campus community as well as participants from other colleges.



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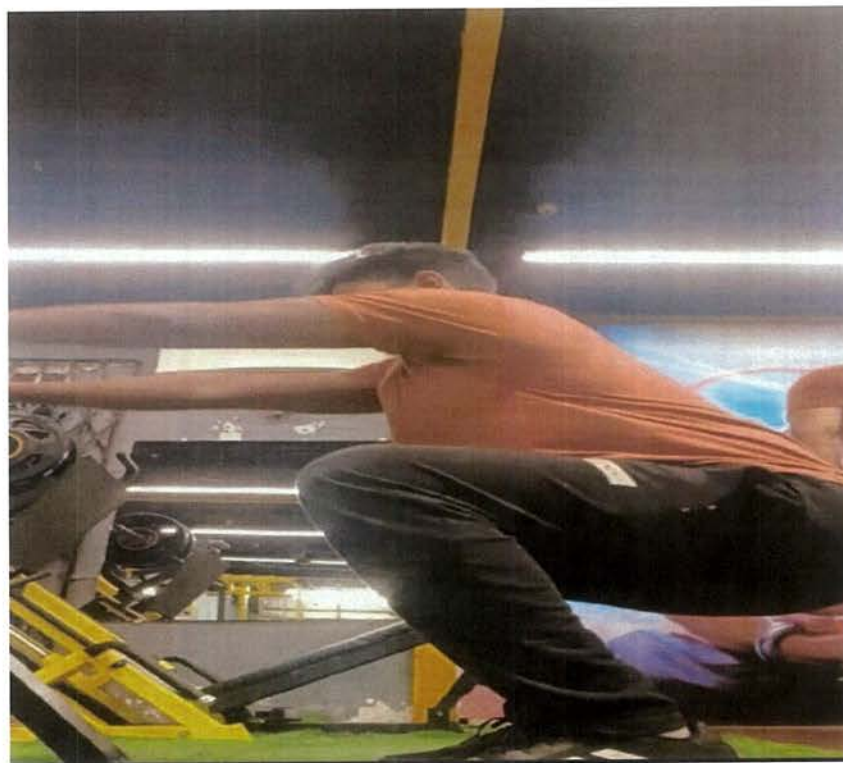
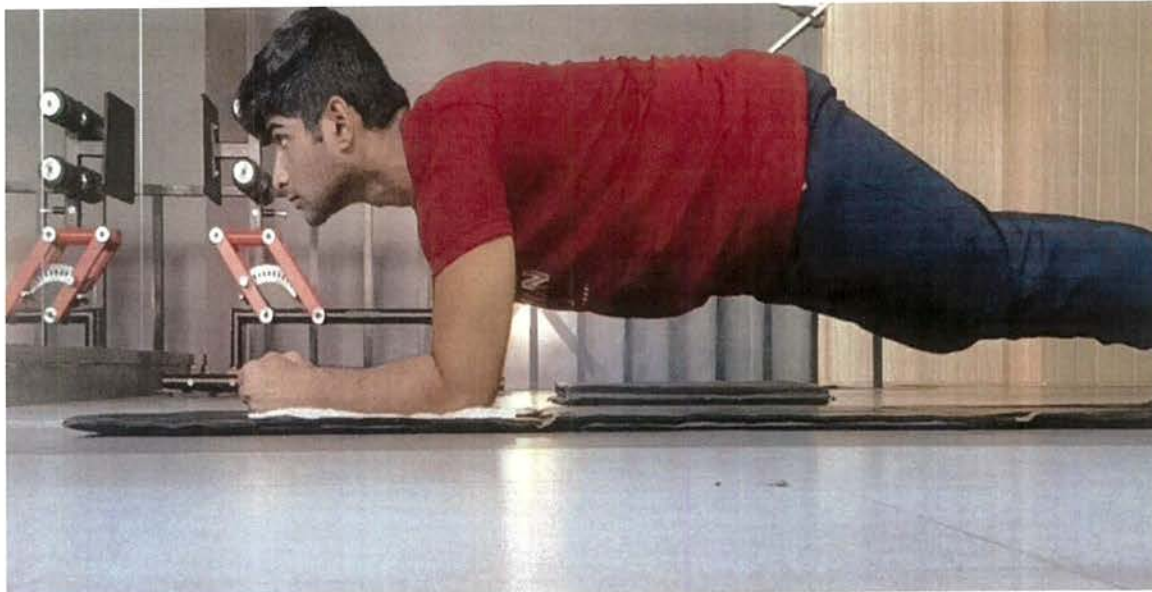
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Photos of Students During FIT Event on 27th December 2023



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FIT

Attendance

Sr no	Name	Department	Roll.no
1	Ankita Singh	BMS	3527
2	Shubhangi tiwari	BMS	3576
3	Tanvi mamgain	BMS	3233
4	Antima Gaur	BMS	3034
5	Tarun Ootwal	BMS	3247
6	shivam Gupta	BMS	3638
7	Mahek busa	BMS	3634
8	khalil Shaikh	BMS	3328
9	Priya yadav	BMS	3318
10	Muskan Mishra	BMS	4145
11	Abhishek Maurya	BMS	3009
12	Dhruv Yadav	BMS	3108
13	Vivek Pathak	BMS	3002
14	Shubham Mishra	BMS	3043
15	Ankit Yadav	BMS	3045
16	Anubhav Tripathi	BMS	3577
17	Arshan Sayyed	BMS	3001
18	Bhoomi Bhatt	BMS	3118
19	Taran Patel	BMS	3119
20	Khushi Pandey	BMS	3019
21	Mariya Jamil	BMS	3124
22	Omkar Kalambe	BMS	3020
23	Mariya Jamil	BMS	3124
24	Mishti Bhatt	BMS	3102
25	Shreya Jadli	BMS	3101
26	Vaishnavi Bhosale	BMS	3075
27	Vinit Gupta	BMS	3023
28	Abdulrahim Shaikh	BMS	3080
29	Vipul Patekar	BMS	3006
30	Shivam Saroj	BMS	3014
31	Divesh Satam	BMS	3088
32	Viren Hasmukh	BMS	3016
33	GHOSH RAHUL BIKASH SAMPA	BBA	10045
34	SINGH MUSKAN DHARMENDRA ANITA	BA	743

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Certificates:



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