

Date: 29/10/2022

**NOTICE**

**ROTARACT CLUB OF RJ COLLEGE**

The Rotaract club of Ramniranjan Jhunjunwala College is organising an event called "FIT," wherein the college-going students get a chance to showcase their sports abilities. The acronym F.I.T. stands for "fast, intense, and tough.

Name of the event: "FIT" (fast, intense, and tough).

Start date: 1<sup>st</sup> November, 2022

End date: 15<sup>th</sup> November 2022

Venue: Ramniranjan Jhunjunwala College

Prof. Kalaiselvi Nadar

BMS Coordinator

Dr. Himanshu Dawda

Principal



PRINCIPAL  
RAMNIRANJAN JHUNJHUNWALA COL  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, Maharashtra

**2019: Star College Status by DBT**

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

2011: 'Best Teacher Award' by Government of Maharashtra 2013: DST-FIST 2014: DBT STAR College

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# R. J. COLLEGE of Arts, Science & Commerce (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](http://www.rjcollege.edu.in) Email: [rjcollege@rjcollege.edu.in](mailto:rjcollege@rjcollege.edu.in) Tel No: +91 22 25151763 Fax No: +91 22 25150957

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: 3.50)

## BROCHURE

District 3141  
Rotaract

FAST, INTENSE & TOUGH

**F.I.T.**

STOP WISHING, START DOING

**15 DAYS FITNESS CHALLENGE ACTIVITY**  
**01ST TO 15TH NOVEMBER 2022**

SQUATS PUSH-UPS PLANK CRUNCHES

RSVP  
RTR. ABHAY MISHRA (9702923255)  
RTR. GUPTA SHIVAM (9967352449)

@rotaract\_club\_of\_rj\_college rcrjcollege@gmail.com RCRJ @RCRJ\_college RCRJ College



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## REPORT

Name of the event: "FIT" (fast, intense, and tough).

Start date: 1<sup>st</sup> November, 2022

End date: 15<sup>th</sup> November 2022

Venue: Ramniranjan Jhunjhunwala College

The main aim of the event is to promote home-workout programs, recognizing that not everyone can afford to go to the gym. It seeks to promote healthy exercise habits in people's daily routines, and provide mentors to guide participants with proper form and muscle Exercises effectively. Through mentoring sessions, participants can gain an understanding of the benefits of exercise in one's life. The event also highlights the importance of exercising, even during stressful exam months like November for colleges and universities. Encouraging at least 5 minutes of daily exercise helped improve focus and physical health, despite the pressures of exams.

The event had a significant impact, with more than 10 participants engaging in daily exercise. It helped understand the importance of fitness in the minds of the participants and generated positive energy, motivating them to be highly active and complete their work on time. The event also encouraged the development of a new habit of working out anytime, anywhere. Many individuals who were initially hesitant to exercise at home started their fitness journey with this event and were satisfied with the results. The winners were highly motivated about the fitness after meeting the mentors and their tips motivated every participant, including those who were initially reluctant to upload their workout videos.

The feedback from the event was positive, with participants enjoying the event and developing their fitness habits over the course of 15 days. The players showed impressive enthusiasm and high motivation for exercising. The mentorship provided by Mr. Adarsh Shevale was outstanding. Participants cooperated nicely throughout the event, and it was carried out smoothly, resulting in overall satisfaction among the participants. The event also helped some participants in losing weight and getting in shape.



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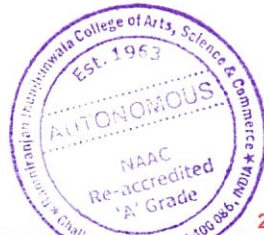
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## ATTENDANCE

Roll no	Full Name	Class	Roll no.	Full Name	Class
1004	Prachi Ramtirth Sharma	SYBBI	2152	Tabish Bandri	TYBMS
2135	Tarun Praveen ootwal	FYBMS	2044	Priya Ratnesh Yadav	TYBMS
2126	Khalil Shaikh	FYBMS	2074	Devanaygi	FYBMS
2069	Aastha katoch	FYBMS	2084	Mohit Mishra	FYBMS
2048	Prathamesh Rajesh shinde	FYBMS	2205	Premprakash. Bhagwan. Prajapati	TYBMS
2082	Omkar salekar	FYBMS	2001	SANGEETA YADAV	SYBMS
2103	Harsh Santosh Sonawane	FYBMS	2128	Swati Pradeep Kamble	FYBMS
2053	shikhadevi Anil Kumar tiwari	FYBMS	2207	Bhushan Pawar	TYBMS
2003	Hingu Shruti Bhanjibhai	FYBMS	2031	Mohammed Aman Yusuf Khan	SYBMS
2059	Shabana kashamabdul shaikh	FYBMS	2145	Satyam sarvesh singh	TYBMS
2086	Smitesh Mahendra Yeole	FYBMS	2113	Mohammed Sanabano	SYBMS
2065	Sachin gupta	SYBMS	2030	Bijay mohan yadav	TYBMS
2110	Vedant Harishchandra Kamble	FYBMS	2021	Dayanand Ayodhya Maurya	TYBMS
665	Singh Sakshi Vinod	S.Y.B.Sc.	1002	Shubham Indrajeet Prajapati	TYBBI
2009	Iqra Ansari Shakil	TYBMS	2116	Shivprasad Gowda	TYBMS
2109	Rai Gaurav	TYBMS	2042	Rohan Rajendra Yadav	FYBMS
647	Jethe Krutika Sandesh	SYBSC	2089	Saima patel	FYBMS
2028	Saima Rabi Shaikh	SYBSC	2049	Harshika kailas Gaikwad	FYBMS
653	Chanda shambhu kanu	SYBSC	2049	Harshika kailas Gaikwad	FYBMS
2108	Tanvi Mamgain	FYBMS	2039	Aakash Dilipkumar Yadav	SYBMS
2031	Ishaque ashfaque shaikh	FYBMS	2103	Harsh Santosh Sonawane	FYBMS
2077	Manisha Arun Pal	FYBMS	2001	NIKHIL TRIPATHI	FYBMS
2032	Jaya Sandeep Singh	FYBMS	2056	SUMEET RAJESH GUPTA	TYBMS
837	vedanti vishwajit khandke	SYBCOM	2017	Atul Hiralal Gupta	Ty BMS finance
2107	Shaikh Fatima Iqbal	TYBMS	2070	Hitesh Kumar Mohanlal sharma	FYBMS
2017	Priya Ramnaresh Yadav	FYBMS	2137	Aryan Lagad	FYBMS
2119	Nawaz Shaikh	TYBMS	2097	Aditi Lalit Jadhav	FYBMS
2151	Pushkar Patil	TYBMS	57	Yadav Mahesh Ghanshyam Shanti Devi	TYBSC
2016	Sayali chinchalkar	FYBMS			



*(Signature)*

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**PHOTOS OF STUDENTS DURING FIT HELD ON 01/11/2022**



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**CERTIFICATES**



*[Signature]*  
 PRINCIPAL

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