



# 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 Email: 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)

21/01/2021

## NOTICE

### R J NCC UNIT- FIT INDIA CYCLOTHON

As per the directions from 6 Maharashtra Battalion, NCC, the cadets are hereby instructed to observe 'Fit India' Cyclothon movement throughout the month of January, 2021. This activity is organised by the Sports Authority of India, Ministry of Youth Affairs and Sports, Government of India. The cadets are required to peddle their own cycles or they may borrow the same from someone to carry out the said activity. The cadets are instructed further to upload the photos of the same on our NCC unit whatsapp group.

Capt. Pravin G. Nayak  
Coy. Commander, R J NCC

Capt. PRAVIN G. NAYAK  
Coy Commander, Coy. No. 1,  
6 MAH/BN/N.C.C.  
R. J. College, Mumbai-86.



Principal  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS)  
Ghatkopar (W), Mumbai-400086, 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

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

2013 & 2014: 'Jagar Jaanivancha Award' by Govt. of Maharashtra 2016: ISO 14001:2015 2016: ISO 9001:2015 2017: ISO 27001:2013

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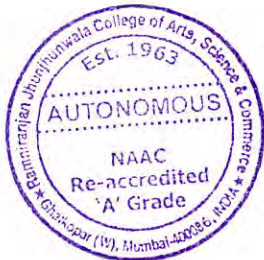
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## REPORT- FIT INDIA CYCLOTHON

Due to the prevailing pandemic, movement of the general public as well as training imparted to cadets has been affected. This has affected the physical well being of many people. Also the easy availability of transport, especially in cities, compounded with the gradual deterioration in the quality of the surrounding environment due to a number of polluting factors, one being the vehicular exhausts, has led to climate change and greatly affected the physical health. Lack of exercise as simple as walking is also one of the cause affecting physical fitness. Fit India Cyclothon activity aims at a number of achievements- cleaner cooler environment, less traffic jams, reduction in wastage of fuel and improvement in physical health leading to general peace of mind. Through this activity, not only the NCC cadets maintain their physical fitness, but also encourage the general citizens to adopt the Go green attitude which in turn helps them monetarily in reducing transportation time and cost but also gives all of them an opportunity to contribute towards a cleaner and safer environment for all.

About 15 cadets participated in this cyclothon event, wherein they involved not only cycling as a means of physical exercise but also a means of transport thereby contributing towards a cleaner greener environment.

Capt. PRAVIN G. NAYAK  
Adj. Commander, Coy. No. 1,  
6 MAH/BN/N.C.C.  
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I/c PRINCIPAL  
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*(Signature)*

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*(Signature)*

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## NOMINAL ROLL-FIT INDIA CYCLOTHON MOVEMENT

DATE: 21- 27 JAN., 2021

SR. NO.	REGTL. NUMBER	RANK	NAME OF THE CADET
1	MH18SDA621939	CDT	SHUBHAM SANJAY SHEPONDE
2	MH18SDA621940	CDT	SANJIV SURENDRA SHARMA
3	MH18SDA621946	CDT	SUNIL MANOJ KUMAR GUPTA
4	MH18SDA621959	CDT	VIVEK SHASHIKANT SHINDE
5	MH19SDA621949	CDT	SAI SAMBHAJI KADAV
6	MH19SDA621953	CDT	GYANENDRA SANJAY DUBEY
7	MH19SDA622004	CDT	SUBHAM ANIL LONDHE
8	MH19SDA921997	CDT	RAHUL OMPRAKASH MISHRA
9	MH19SDA621922	CDT	VINAY PRADEEP KUMAR SONAWANE
10	MH19SDA621930	CDT	GULSHAN MITTHULAL YADAV
11	MH19SDA621924	CDT	SACHIN SURYAPRAKASH YADAV
12	MH19SDA621926	CDT	DEBASHISH SUSHIL JENA
13	MH19SDA621955	CDT	SACHIN NAMDEV RATHOD
14	MH19SDA621938	CDT	SUJIT RAMDEV YADAV
15	MH19SDA621975	CDT	SAURAV CHITRASEN MAJHI

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