



# 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)

Date: 03/07/2020

## AS A PART OF STUDENT CAPACITY BUILDING INITIATIVE IN COLLABORATION WITH ROTARACT CLUB RAMNIRANJAN JHUNJHUNWALA COLLEGE

An initiative for providing Fitness information during lockdown as gyms are closed to help everyone to be active and fit we have arranged this session. This session will be held from 8<sup>th</sup> July, 2020 to 11<sup>th</sup> July, 2020.


Session: "FIT (Fast, Intensive, Tough)"

Venue – Online using WhatsApp to update.

All are cordially invited.

  
Prof. Selvi Nadar  
BMS Coordinator



  
Dr. Himanshu Dawda  
Principal

2/Principal  
RAMNIRANJAN JHUNJHUNWALA COLLEGE  
(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

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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## Project Name FIT (Fast, Intense, Tough)

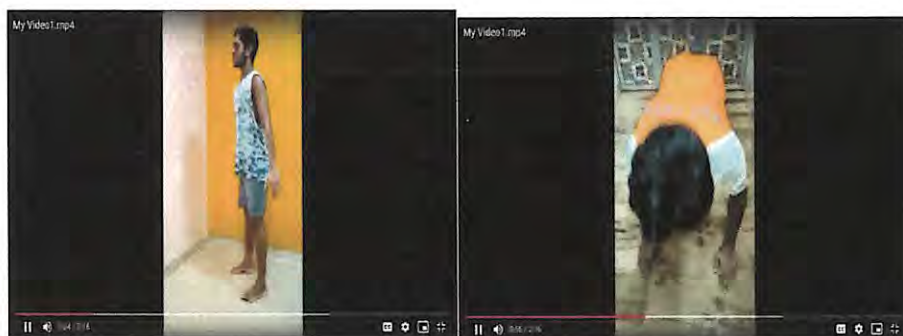
Venue Online (whatsApp)

Avenue 1 Sports

Start Time 08-07-2020 10:00:00 End Time 11-07-2020 18:00:00

## Project Level Club

- During lock down gym were closed, some people stop doing exercise at home. So, an event for fitness freaks was decided to introduce. Create an awareness about fitness in people and make them fit.
- Give them platform to showcase their talent. The event was free of cost so anyone can come ahead between the age of 10 to 40.
- The execution of the project was discussed by team sports and (VP avenues). creation of PR message and Jpeg Two days prior the event, Jpeg and PR message got released. Details about the events and the procedures were disclosed to the participants and further details as well before the D-day. 3-4 types of exercises were kept in the competition for the participants to show their talent.
- "Success usually comes to those who are too busy to be looking for it." -Henry David Thoreau. On 8 July FIT the event initiated. b. The first fitness challenge was 20 reps of squats next day 9th July second challenge was disclosed that was 2 min plank. Total 34 participants were there on first and second day respectively. Some had query about the exercise and those were resolved.
- President, IPP, secretary, last year gbms, Rotaractors from other club and non-Rotaractor also participated. On third day 10 July the challenge was 20 reps of lunges. 30 qualifiers went to that last round. On 11 July the last challenge was unlimited Push ups. Eventually team admin decided the winners for the event. Here are the winners of event 'FIT' for the year 20-21.
- 1. Antarikshkumawat (Secured first place with 62 pushups.)
- 2. Akshatojha (Secured second place with 54 pushups.)
- 3. Pranitparulekar & Raj Pandey (Secured the position for third place with 40 pushups each.)



  
PRINCIPAL

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## ATTENDANCE

SR.NO	First Name	Last Name	SR.NO	First Name	Last Name
2	Shubhada	Avate	26	Deepak	Yadav
3	Rohan	Jana	27	Manju	Yadav
4	Esha	Singh	28	Aditi	Sharma
5	Aditi	Upadhya	29	Vandana	Dalai
6	Tulsi	Singh	30	Adarsh	Singh
7	Nupur	Rathod	31	Anurag	Sharma
8	Shahin	Shaikh	32	Anurag	Agrahari
9	Akash	Varma	33	Asha	Saroj
10	Surbhi	Singh	34	Ayush	Tripathi
11	Neha	Pandey	35	Bhushan	Pawar
12	Atharva	Talwar	36	Iqra	Ansari
13	Sahana	Shaikh	37	mahek	Chaturvedi
14	Aarti	Prajapati	38	Nawaz	Shaikh
15	Yukti	Verma	39	Premprakash	Prajapati
16	vikas	prajapati	40	Priya	Yadav
17	Shaikh Sohel	Salim Shaikh	41	Sarika	Sreedhar
18	Ankit	Pandey	42	Tabish	Bandri
19	Pratik	Jagadale	43	Vedang	Dhuri
20	Sakshi	Singh	44	Vishakha	Thakkar
21	Supriya Rajesh	Baranwal	45	Shruti	Sahu
22	Chaitanya	Thakur	46	Manasvi	Pandey
23	Tapisha	Belkond			
24	Sushil	Gosavi			
25	SayyedZakir	Israr Ahmed			



  
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## Fit (Fast, Intense, Tough)

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
**Ramniranjan Jhunjunwala College**  
Rotary Club of Mumbai Ghatkopar

**CERTIFICATE**

*This certificate is awarded to*

Rtr. Pratik Jagadale

*for participating in the event*

**"FIT (Fast, Intense, Tough)"**  
On 8/7/2020.

Rtr. Mouzzam Khan  
President  
2020-21

Prof. Kalaiselvi Nadar  
Teacher Coordinator

Dr. Himanshu Dawda  
Principal

District 3141  
**Rotaract**  
CLUB ID: 42889

Club of  
**Ramniranjan Jhunjunwala College**  
Rotary Club of Mumbai Ghatkopar

**CERTIFICATE**

*This certificate is awarded to*

Rtr. Sakshi Singh

*for participating in the event*

**"FIT (Fast, Intense, Tough)"**  
On 8/7/2020.

Rtr. Mouzzam Khan  
President  
2020-21

Prof. Kalaiselvi Nadar  
Teacher Coordinator

Dr. Himaushu Dawda  
Principal



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