



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: 04/09/2020

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

An online one week event "Fit in 8" is organized for the club members with objective to help and motivate everyone to be fit during Covid19 lockdown. The event will be held from 10th September, 2020 to 18th September, 2020 through WhatsApp Group.


The details of zoom live link:

Meeting ID: 918900988

Passcode: 346635

All are cordially invited.




Prof. Selvi Nadar

BMS Coordinator


Dr. Himanshu Dawda

Principal


RAMNIRANJAN JHUNJHUNWALA COLLEGE
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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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Project Name Fit In 8

Venue WhatsApp Group

Avenue 1 Sports

Start Time 10-09-2020 10:00:00 End Time 18-09-2020 09:00:00

Project Level Club

The main aim of the event was to help and motivate the people to be fit during this lockdown. The initial idea was decided during the DTS Training session and further improvisation was made by the leading clubs. The directors further approached various clubs for collaboration.

WhatsApp Group was created to maintain the communication and with the joint clubs. Finance regarding the gifts was finalized and other permissions were taken. A list of exercises was made by each club in prior. And a Google Form was created for attendance purpose. A PR message and the JPEG was drafted by the leading clubs and circulated on the GBM groups and other WhatsApp groups so as to create a buzz.

Each day 4 exercises were put up on the group along with their YouTube links for reference. A clear instruction of do's and don'ts followed by some motivational quotes and deadline was put up on the group. Each workout videos of the participants was acknowledged by directors.

Constructive feedbacks were given to the participants and were kept motivated and encouraged throughout the event. Best performers were selected each day and given a shout on our official Instagram handle. This encouraged them further to give to better each day. 6 body quadrants were focused on 6 days followed by Yoga and relaxing exercises on the 7th day.

• On the last day, 4 winners were announced who would receive sports merchandise along with winning certificates while the rest of the participants received a participation certificate.



[Signature]
I/c PRINCIPAL

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ATTENDANCE

SR.NO.	FIRST NAME	SECOND NAME	SR.NO.	FIRST NAME	SECOND NAME
1	Mouzzam	Khan	26	Deepak	Yadav
2	Shubhada	Avate	27	Manju	Yadav
3	Rohan	Jana	28	Aditi	Sharma
4	Esha	Singh	29	Vandana	Dalai
5	Aditi	Upadhya	30	Adarsh	Singh
6	Tulsi	Singh	31	Anurag	Sharma
7	Nupur	Rathod	32	Anurag	Agrahari
8	Shahin	Shaikh	33	Asha	Saroj
9	Akash	Varma	34	Ayush	Tripathi
10	Surbhi	Singh	35	Bhushan	Pawar
11	Neha	Pandey	36	Iqra	Ansari
12	Atharva	Talwar	37	mahek	Chaturvedi
13	Sahana	Shaikh	38	Nawaz	Shaikh
14	Aarti	Prajapati	39	Premprakash	Prajapati
15	Yukti	Verma	40	Priya	Yadav
16	vikas	prajapati	41	Sarika	Sreedhar
17	Shaikh Sohel	Salim Shaikh	42	Tabish	Bandri
18	Ankit	Pandey	43	Vedang	Dhuri
19	Pratik	Jagadale	44	Vishakha	Thakkar
20	Sakshi	Singh	45	Shruti	Sahu
21	Supriya Rajesh	Baranwal	46	Manasvi	Pandey
22	Chaitanya	Thakur	47	Siddhant	Sawant
23	Tapisha	Belkond			
24	Sushil	Gosavi			
25	SayyedZakir	Israr Ahmed			



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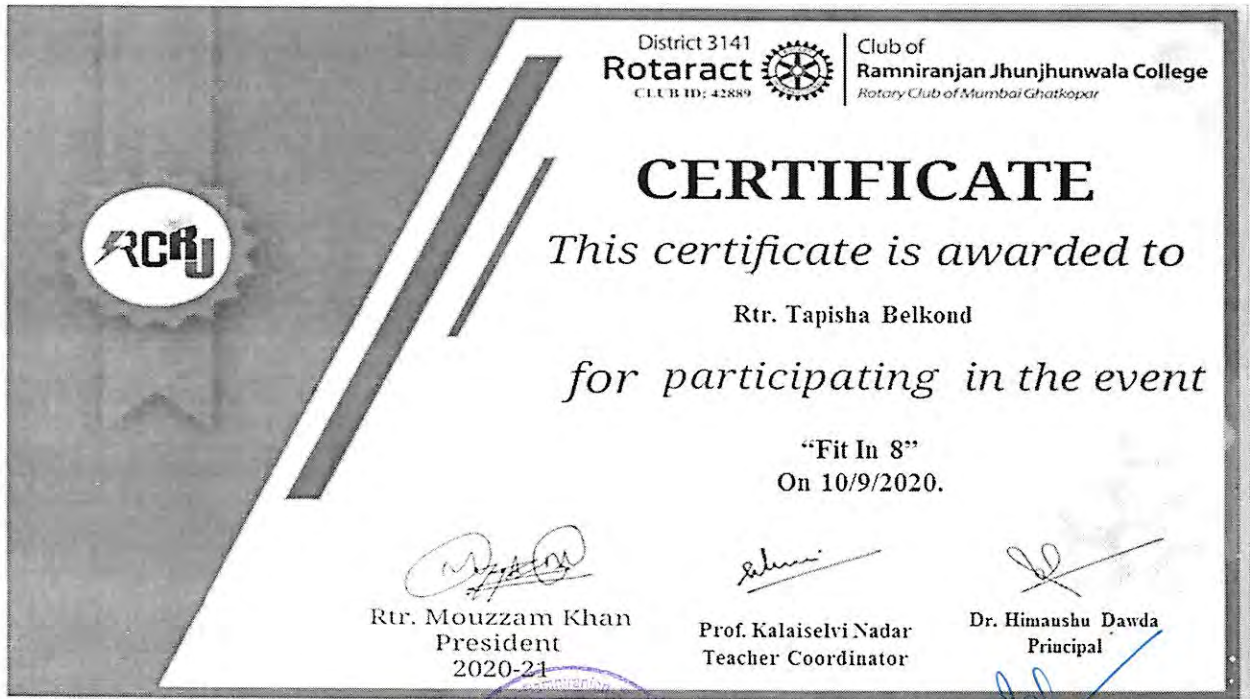
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Fit in 8



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