



# 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)

## Notice

DATE: 28/01/2022

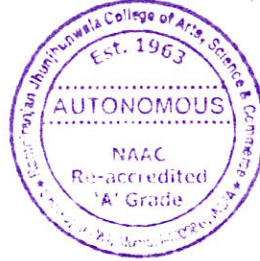
### AS A PART OF THE STUDENT CAPACITY BUILDING INITIATIVE IN COLLABORATION WITH THE ROTARACT CLUB OF RAMNIRAJAN JHUNJHUNWALA COLLEGE

This is to inform you that an offline project "FIT" where students have the opportunity to create awareness about physical health during this pandemic period and to keep ourselves healthy and fit. It will be held on 28th Dec 2021 from 9.00 AM onwards.

All are cordially invited.

Prof. SelviNadar

BMS Coordinator



Dr.HimanshuDawda

Principal

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## Brochure

**BELIEVE IN YOURSELF**

District 3141 **Rotaract**

**RJCL**

FAST, INTENSE & TOUGH

# FIT

-Stop Wishing Start Doing.

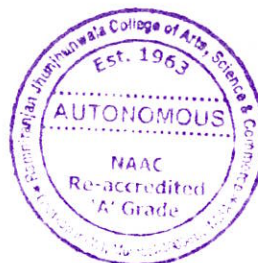
## FITNESS CHALLENGE ACTIVITY

Fitness Event for Four days.

28th January	29th January	30th January	31st January
PUSH-UPS	SQUATS	PLANK	CRUNCHES

RSVP  
Rtr. Bhushan Pawar (8087382105)  
Rtr. Adarsh Pradhan (8850230559)

[@rotaract\\_club\\_of\\_rj\\_college](https://www.instagram.com/rotaract_club_of_rj_college) [rjcollege@gmail.com](mailto:rjcollege@gmail.com) [RCL](https://www.youtube.com/channel/UC...) [@RJC\\_college](https://www.facebook.com/RJC_college) [RJC\\_College](https://www.linkedin.com/company/RJC_College)



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## REPORT

**Project Name** FIT

**Venue** online

**Reporting Month:** December

**Quarter:** Three

**Project Status:** Early

**Avenue 1:** Professional Development

**Start Time** 28-12-2021 09:00:00 **End Time** 31-01-2022 14:00:00

To create awareness about physical health during this pandemic period and to keep ourselves healthy and fit.

### Summary:

1. FIT at a given time and ended on a good and satisfying note.
2. All the participants show their best game play.
3. All played with true sportsmanship and enjoyment.
4. Audience also enjoyed the event very well.
5. This event will help all the participants' players and audience also to level up their confidence for such.



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## LIST OF THE STUDENTS

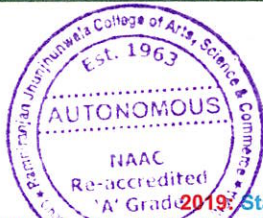
### List of Core team

- Bhushan Pawar
- Adarsh Pradhan

## PHOTOGRAPHS



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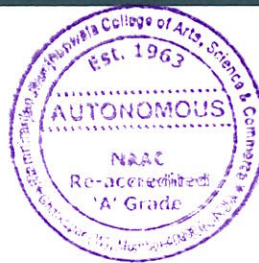
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**ATTENDANCE**

ROLL NO	NAME	CLASS	ROLL NO	NAME	CLASS
1	AHIRE DIKSHA RAJENDRA KAVITA	TYBMS	1	ANSARI IQRA SHAKIL SAJIDA	SYBMS
2	ANAND AYUSH ARBIND JHA RANJANA JHA	TYBMS	2	DUBEY ROHAN SANTOSH KIRAN	SYBMS
3	DHANNURE NILAM UMESH GUJJABAI	TYBMS	3	KHAN MOHD ADNAN MOHD SHAMIM NASEEMABANO	SYBMS
4	GUPTA ASHWINI AVDESH SADHANA	TYBMS	4	KHARADE VED ASHOK DEEPALI	SYBMS
5	GUPTA MAHENDRA BANARASI MANJU	TYBMS	5	MORYE AKSHATA SHRIKANT MAYA	SYBMS
6	JAISWAL SHUBHAM SATISH SUSHMA	TYBMS	6	PARTE SAKSHI BHURAO INDUBAI	SYBMS
7	JATHAR YASH JAIDEEP VAISHALI	TYBMS	7	PATIL NIKITA ANIL HARSHA	SYBMS
8	KIRTAWADE KANAK SATISH SANGEETA	TYBMS	8	PAWAR MRUNALI RAMESH SONALI	SYBMS
9	MISHRA PREETI VENKATESHWAR JAIDEVI	TYBMS	9	POJARI DISHAN DINAKAR SAVITA	SYBMS
10	PAL SAPNA RAVINDRA PAL SEETA PAL	TYBMS	10	SALVI SNEHA SHASHIKANT MANISHA	SYBMS
11	PARAKH DARSHAN SANJAY BHARTI	TYBMS	11	SHAIKH KHUSHI RAVISH BINA	SYBMS
12	RAI KHUSHI BRIJKISHORE SONIYA	TYBMS	12	SINGH ADARSH KUMAR SUNIL SITA	SYBMS
13	SHARMA ADITI PREMCHAND SADHANA	TYBMS	13	SINGH ADITYA MAHENDRA RINKU	SYBMS
14	UPADHYAY SAAKSHI SANJAY SHARMILA	TYBMS	14	SINGH PRITI JITENDRA POONAM DEVI	SYBMS
15	WALUNJ GAURI SHANTARAM ANITA	TYBMS	15	SINGH SANCHI ARVIND SONI	SYBMS
16	WALUNJ KAUSTOOBH NITIN VAISHALI	TYBMS	16	SINGH SHALINI OMPRATAP USHA	SYBMS
17	YADAV ALOKKUMAR RANVIJAY GEETA	TYBMS	17	SINGH SHUBHAM DHIRENDRA CHANDRAKALA	SYBMS
18	SHAIKH SOHEL SALIM SHABNAM	TYBMS	18	SURVE ATHARVA BHUSHAN VRUSHALI	SYBMS
19	SINGH ESHA RAJENDRA SAROJ	TYBMS	19	TIWARI SHALU BASHIST SAROJ	SYBMS
20	TALWAR ATHARVA UMESH VIDYA	TYBMS	20	YADAV ANKIE AJAYPRATAP PRAMILA	SYBMS
21	SHAH RAHUL RAJENDRA ASHA	TYBMS	21	GUPTA SAURAV PRADEEP KUMAR KIRAN	SYBMS
22	VISHWAKARMA PRIYA JAWAHARLAL TARA	TYBMS	22	MAURYA DAYANAND AYODHYA URMILA	SYBMS
23	CHAVAN RAJAN DAYAPRASAD RAJKUMARI	TYBMS	23	GUPTA SHOBHIT PAPPU MADHURI	SYBMS
24	SINGH SHWETA PRADEEP PINKY	TYBMS	24	YADAV BIJAY MOHAN PHULADEVI	SUBMIT

*[Handwritten Signature]*



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