

SADHANA EDUCATION SOCIETY'S
L. S. RAHEJA COLLEGE OF ARTS AND
COMMERCE

GYMKHANA REPORT
YEAR -2016-2017

The Gymkhana Committee was constituted under the chairmanship of CA. Hrishikesh Wandrekar and ably assisted by Mr. Pandhari Pachundkar handling the daily activities of the gymkhana. The college has appointed Ms. Anagha Kulkarni as Director of Physical Education & Sports during the year. We at the gymkhana encompass students from all faculties in our college sports teams and activities. We also strive to give exposure to the junior students by including them in the practice sessions. This helps the college in creating bench strength for the future.

A core committee of the students was formed for handling the gymkhana activities. Mr. Harsh Maniar (TY BMS) was appointed as the Gymkhana Secretary. The students were involved in organizing inter-class and inter-college events and assisting in team selections. Inter-class tournaments were conducted as a part of the selection process for the various college teams. Inter-class tournaments were held for carrom, table-tennis, badminton, chess and cricket. The college students represented the college in various events at the university. The performances of the teams are summarized below:

Cricket: The team was captained by Suraj Pant (TYBCom) and was unlucky to be knocked out in the 3rd round of the university tournament. Aniruddha Dighe, Sidhant Tiwari scored heavily while Nikhil Mandavkar performed really well in bowling. The college cricket team also participated in and won Tennis Cricket Tournament organized by K. J. Somaiya College.

Football: The team was captained by Mayur Divade (SYBCom) and has some fine players. The team performed well at the university and was knocked out in the 2nd round.

Table-Tennis: Harsh Maniar (TY BMS) led the table tennis squad at the University tournament. He has been produced outstanding performances for the college over the past three years. Hampered by injury, he was unlucky to lose in quarter finals. The college is proud of his achievements and wishes him a bright future.

Gymnastics and Malkhamb: The college is lucky to have two bright stars in Gymnastics in Sony Mali (SYBA) and Abhishek Maurya (TY BCom). Both have brought laurels to the college during the year. Sony won the Gold medal in the team event of Aerobic Gymnastics District Championship and the silver medal at the individual Aerobic Gymnastics District Championship. She narrowly missed out on being selected for the Nationals training camp at Chandigarh.

Abhishek participated in the Malkhamb District Championship held at Mumbai. He also participated in the University of Mumbai gymnastics championship and won silver in the individual event and bronze in the team event.

Abhishek participated in the Malkhamb District Championship held at Mumbai and won silver in the individual event and bronze in the team event. He also participated in the Malkhamb (9th place) and Gymnastics Championship of University of Mumbai.

Basketball: The college was the re-introduction of the Women's Basketball team, which was led by Ankita Patil (FY BAF). The college hopes to build on the experience gained during the year.

The Men's Basketball team was led by Ashok Shah (TYBCom) and knocked out in first round of the University tournament.

Others: The college is in the process of re-building the chess, badminton, kabbadi and volleyball squads and hopefully will improve upon the performances of 2016-17.

Kohoj Trek: The Gymkhana organized a monsoon trek to Fort Kohoj (3200 feet above sea level), located near Palghar on 22nd July 2016. Mr. Rugved Lele from Himsahyadri Trekkers served as guide during this trek. 65 students across all courses participated in this trek and enjoyed the steep climb and the wonderful mountain scenery. Mrs. Shobhana Vora (Dept. of Commerce) and Ms. Pooja Yadav (Dept. of History) also participated in this trek. Ms. Pooja Yadav also enlightened the students on various historical and architectural aspects of the fort.

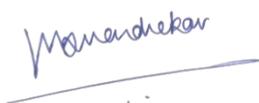
University Carrom Tournament: The highlight of the year was the hosting of the University of Mumbai Carrom tournament for the third time in a row from 6th February to 8th February 2017. Over 500 students from more than 120 colleges participated in the tournament. Students from even places like Palghar, Alibag, Murud, Khopoli and Ratnagiri had come to the college to participate. The tournament was played in the following formats; 1) Men's singles 2) Men's Doubles 3) Women's singles and 4) Women's Doubles. The competition was inaugurated by the Physical Director of Sports Education – University of Mumbai, Mr. Uttam Kendre. Mr. Kendre was very appreciative about the manner in which the tournament was conducted. Over 35 student volunteers helped in organizing and conducting the event. The students also served as referees for the carrom games and did a wonderful job.

Rohan Panchal (SY BCom), a talented player, was unlucky to lose a close game in the quarter finals. We expect greater laurels from him in the next year. Junaid Syed (TY B.Com) and Faizan Khan (TY B. Com) also reached the quarter finals of the men's doubles. The highlight of the tournament was the performance by Jagruti Patil & Aiman Khan of SY B.Com, becoming the 1st team from the college to reach the finals of the Women's doubles. They won the silver medal and have qualified to play in the state level championship which will take place shortly. The competition was a resounding success and served as a wonderful advertisement for the college.

The outstanding sports performances were celebrated at the Annual Prize Distribution ceremony on 28th February 2017 where certificates and medals were presented to the winners of various competitions. Special trophies were awarded to Mr. Harsh Maniar (table tennis), Ms. Sony Mali and Abhishek Maurya (both gymnastics), Jagruti Patil & Aiman Khan (carrom) for outstanding achievements during the year.

The college is lucky to have a young & dynamic Director of Physical Education & Sports, Ms. Anagha Kulkarni. Having joined the college in February 2017, she has presented research paper entitled “*Effect of Integrated Physical Activity Programme on the basis of Personal Values of children’s home girls aged 13 to 16 years of Greater Mumbai*” National Seminar on ‘Advances in Applied Sports Psychology’ and attended workshop on ‘Developing Mental Strengths in Sport’ organized by D.A.V. College, Sector – 10, Chandigarh on March 18-19, 2017. She has also attended National Seminar on Research Methodology and Curriculum Development in Physical Education and Workshop on Traditional Games of India organized by Department of Physical Education, Sports Complex, Vidyanagari, Santacruz (East) on March 22-24, 2017 and her research paper entitled “*Effect of Integrated Physical Activity Programme on selected Physical Fitness components of children’s home girls of Greater Mumbai*” which will be published in the special issue of Shodh Sangam – Research Confluence, ISSN No. 2249-717X. She has also been invited as a speaker at workshop on Net / Set examination organized by the Department of Physical Education in March 2017 and also by BPCA’s College of Physical Education in April 2017. The college is confident that she will encourage more students to participate in sports and perform at the highest level.

We are thankful to the In-charge Principals Dr. Anupama Nerurkar & Dr. K. Venkateswarlu, Principal Dr. Sarkar, the college management and the coaches of various teams for their support and encouragement. We are also thankful to the teaching and non-teaching staff, especially CA. Deshpande and Mr. Ashish Samant for their regular inputs and guidance in conducting the various gymkhana activities. We are also thankful to all our student sportspersons and volunteers, whose commitment and motivation encourages us to further our efforts in the gymkhana. We are confident that with further support and infrastructure facilities, our students will compete and excel at the University level and beyond.



CA. Hrishikesh Wandrekar
Professor in-charge
Gymkhana Committee