

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

GYMKHANA REPORT
YEAR -2017-2018

The Gymkhana Committee was constituted under the chairmanship of Dr. Satish Naringrekar and the committee members comprise of teaching staff Mr. Ramsagar Yadav, Mr. Chinmay Joshi, Mr. Raju Gole, Mrs. Laila Patel and Director of Physical Education & Sports, Mrs. Anagha Kulkarni. Gymkhana Committee is committed to give optimum opportunities to all the students of our junior as well as degree (aided and unaided) college to explore the field of Physical Education and Sports through various activities like training - coaching programs, workshops, interclass competitions, annual sports day, representing the college in Inter-collegiate events, fests and private tournaments. We strive to teach, train and coach our students in various skills of sports and physical fitness and thus, exposing them to the concept of physical literacy, value education along with life skill education to lead a healthy and active lifestyle throughout their lives as citizen.

A core committee of the students was formed for handling the gymkhana activities which constituted of gymkhana secretary, student council member, college sports team captains, sports volunteers under the guidance of the chairman and members of gymkhana committee. **Ms. Dakshata Patel** (FYBMM) was appointed as the gymkhana secretary while **Mr. Darshan Shelar** (TYBCom) was nominated to represent gymkhana in student's council. 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.

MAJOR SPORTS ACHIEVEMENTS :

Our college is lucky to have five bright sports stars in the different sports Tennis, Karate and Gymnastics. They all have brought laurels to the college during the year 2017-2018.

- 1. Dakshata Patel (FYBMM) - Tennis :** Dakshata won Bronze Medal, Individual Event at Tennis Intercollegiate organized by University of Mumbai; Gold Medal in Team Event at Tennis Zonal Tournament representing University of Mumbai and Gold Medal in Team Event at All India Inter-University Tournament (Nationals) representing University of Mumbai. She represented Maharashtra State team in Inter-State Tennis Championship (Nationals) and won Gold in Team Event.
- 2. Mihir Kate (FYBBI) - Karate :** Mihir won First Place in Individual Kata and Third Place in Individual Kumite in the Open Category Age Group Under 20 years in 23rd Wfsko Open Asian/International Karate Championship organized by 'WORLD Funakoshi Shotokan Karate Organisation' (WFSKO) which was held on 10th February 2018 at Priyadarshini Sports Complex, P. K. Road, Mulund (west), Mumbai-80, India.

3. Sony Mali (TYBA) - Aerobics Gymnastics : Sony won Gold in Trio in Senior Category and Silver Medal - Trophy in Team Championship in Aerobics Gymnastics Event at Mahapaur Nasik Chashak (Mayor's Cup) organized by Maharashtra Amateur Gymnastics Association. She got selected to represent Maharashtra at National Level.

GYMKHANA EVENTS :

Gymkhana Committee conducted various events like Interclass tournaments, selection trials, training-coaching, workshops, annual sports day throughout the academic year 2017-2018.

1] Inter-Class Tournaments :

Inter-class tournaments were held for carrom, table-tennis, badminton, chess and football while, selection trials were held for basketball, volleyball, cricket, kabaddi, softball, baseball, and tug of war. Here is the results of the Interclass competitions :

Interclass Competition	Place	Name of Student	Class
Chess Interclass Men (17-06-2017 and 07-07-2017)	1st	Avinash Bist	SYBMS
	2nd	Mathew Fernandes	FYBCom
	3rd	Nikhil Yadav	TYBCom
Badminton Interclass Men (11-07-2017)	1st	Nilesh Mishra	SYBA
	2nd	Maheshwar Sharma	TYBCom
	3rd	Harsh Rambhia	TYBMS
Badminton Interclass Women (11-07-2017)	1st	Zeal Shah	FYBA
	2nd	Isha Divecha	SYBAF
	3rd	Shriya Nayak	TYBMS
Table Tennis Interclass Men (24-06-2017 and 08-07-2017)	1st	Ahmad Khan	SYBA
	2nd	Piyush Sunil Jain	SYBA
	3rd	Dhruval Parmar	TYBMS
Carrom Interclass Men (16-12-2017)	1st	Ajay Gupta	SYBBI
	2nd	Vishal Surve	FYBCom
	3rd	Mehul Bamaniya	FYBCom
Carrom Interclass Women (16-12-2017)	1st	Jagruti Patil	TYBCom
	2nd	Aiman Khan	TYBCom
	3rd	Asiya Khan	TYBCom

2] Sports Training and Coaching :

This year college has decided to focused on six sports : Football, Badminton, Basketball, Cricket, Baseball and Softball. The courts and cricket net were hired for Badminton (Andheri Sports Complex), Basketball (Saisa Club and Balkam-ji-Bari) and Cricket (Lion's Club, Milan Subway) whereas coaches were appointed for Football (Mr. Cristopher R'bello), Basketball (Mr. Ashok Shah), Baseball - Softball (Mr. Dipanshu Choudhery & Mr. Shardul Bandabe) and expert guidance received from Mr. Anil Kulkarni (veteran National player) for Badminton.

3] International Yoga Day Celebration :

Gymkhana Committee in collaboration with NSS unit celebrated on 20th and 21st June 2017 at Gymkhana wherein, resource persons from Ambika Yoga Kutir and Brahmakumaris conducted sessions on Yogic practices - Yogasana, Kriya, Pranayama, and Meditation with students and staff.

4] MAHARASHTRA MISSION : 1 MILLION

Gymkhana have conducted various activities for both Junior as well as Degree (Aided/ Unaided) College students under the programme MAHARASHTRA MISSION : 1 MILLION as per the Circulars received from Department of Higher Education - Pune and Higher Education - Mumbai Region, Mumbai.

4.A] Football Workshop for Beginners :

The workshop was conducted on 11th September 2017 for around 20 L. S. Raheja Junior College students by our Football Coach, Mr. Cristopher S. Rebello and Degree College football team members.

4.B] Football Match :

The friendly football match was conducted on 15th September 2017 at College ground among 45 students of L.S. Raheja Junior and Degree College students.

4.C] Inter-class and Selection Trials :

The degree college inter-class football tournament cum selection trial was conducted on 1st September 2017 at college ground among 6 teams (five a side) of 30 degree college students.

4.D] Football Friendly Matches :

There were 3 friendly matches organized to get match practice to our college team from August to September 2017. (i) Match with PTVA's M.L.Dahanukar College of Commerce, Vile Parle East at Dubhashi Ground among 30 students; (ii) Match with RAV's Laxmichand Golwala College of Commerce and Economics, Ghatkopar East at College ground among 25 students; and (iii) Match with Bund Sangha's Anna Leela College Commerce and Economics, Kurla East at College ground among 20 students.

5] Workshop for students :

The workshop on "*Holistic Approach to Stress Management and Healthy Lifestyle*" was conducted for students on 13th October 2017. Three sessions were conducted by resource persons on the following topics - (1) 'Yoga for Stress Management' by Mrs. Veena Bose, (2) 'Physical Fitness for Healthy Lifestyle and Improving Sports Performance' by Mr. Vijay Tadelkar and (3) 'Music and Dance Therapy for Stress Management' (Zumba and Aerobics) by Ms. Swati and Ms. Shonan. Around 30 students benefitted from the said workshop.

6] Workshop for teaching staff :

The workshop on "*Holistic Approach to Stress Management and Healthy Lifestyle*" was conducted for teachers on 14th October 2017. Three sessions were conducted by resource persons on the following topics - (1) 'Yoga for Stress Management' by Mrs. Veena Bose, (2) 'Good Posture and Stress Management' by Mrs. Roopa Rao and (3) 'Music and Dance Therapy

for Stress Management' (Zumba and Aerobics) by Ms. Swati and Ms. Kavita. Total 30 teachers participated actively in the workshop.

7] Workshop for non-teaching staff :

The workshop on "*Holistic Approach to Stress Management and Healthy Lifestyle*" was conducted for 26 non-teaching staff on 25th October 2017. Two sessions were conducted by resource persons on the following topics - (1) 'Yoga for Stress Management' by Mrs. Veena Bose and (2) 'Music and Dance Therapy for Stress Management' (Zumba and Aerobics) by Ms. Swati and Ms. Kavita.

8] Ball-Badminton Workshop :

The workshop on Ball Badminton was conducted on 11th October 2017 at college quadrangle by Mr. Ankit Bhoir (Ball Badminton coach, Khalasa College) with our Badminton players to introduce new sport which is enlisted in Intercollegiate organized by University of Mumbai. The ball badminton rules, ground marking and basic skills of the sport were taught to students. A friendly match between Khalasa college team and our college was conducted to give practical experience of playing the sport.

9] Raheja Fittest Boy / Girl Competition :

As an innovative activity, an interclass competition was conducted to create awareness about physical fitness and promote Physical Literacy and Active Lifestyle among college students. Raheja Fittest Boy / Girl Competition was conducted on 20th October 2017, which focused on introducing physical exercises to enhance physical fitness parameters of students. The competition comprised of physical exercises or physical fitness tests arranged in a circuit training module to check the physical fitness level of the students. Physical fitness tests comprised of 1 minute push up test, bent knee sit up test, squats, rope skipping, balancing exercises / yoga postures, standing broad jump to check health related and skill related physical fitness parameters of the participants. It was kind of talent hunt for potential sportsman for our college team.

10] Raheja Sports Star Competition :

Another activity was conducted to create awareness about different sports skill tests and promote sports among college students. Raheja Sports Star Competition conducted on 20th October 2017, which focused on 10 sports and checking the performance of students while participating in sports skill tests in available resources. The selected 10 sports were football, cricket, hockey, basketball, handball, volleyball, carrom, table tennis, badminton and throwball. Sports skill tests had basic two skills of each selected sport which students had to perform as per given instructions. We didn't receive much response to this competition this year but, surely it created awareness among participants how each sport require different set of skills and fitness.

11] Annual Sports Day :

Gymkhana Committee organized Annual Sports Day (Ahtletic Meet) on 22nd October 2017 at college ground. The event started with flag hoisting, National Anthem, march past by NCC-

NSS units, torch run and felicitation of sports achiever Ms. Dakshata Patel (FYBMM). Athletic Meet comprised of track events - running events 100m, 200m sprint, relay 4 x 100m and field events - shot put, standing long jump. The winners were felicitated with medals and certificates.

Annual Sports Day : Athletic Meet Results					
Event	Place	Male		Female	
		Name of Student	Class	Name of Student	Class
100 m Sprint	1st	Riyaz Ansari	TYBCom	Soni Mali	TYBA
	2nd	Rohit Singh	FYBCom	Jigna Solanki	SYBAF
	3rd	Nikhil Rawat	TYBAF		
200 m Sprint	1st	Riyaz Ansari	TYBCom	Soni Mali	TYBA
	2nd	Nikhil Rawat	TYBAF	Asha Pokheral	SYBCom
	3rd	Rohit Singh	FYBCom		
Standing Long Jump	1st	Suraj Gupta	SYBCom	Soni Mali	TYBA
	2nd	Atish Nirgun	TYBCom	Damini Upadhay	TYBCom
	3rd	Darshan Shelar	TYBCom	Jigna Solanki	SYBAF
Shot Put	1st	Aniruddha Dighe	TYBMM	Hitiksha Panchal	SYBA
	2nd	Avinash Bist	SYBMS	Sweta Ramkrishna	FYBA
	3rd	Saurabh Shinde	SYBCom	Aneri Shah	SYBAF
Best Athlete		RIYAZ ANSARI	TYBCom	SONI MALI	TYBA

12] Staff Sports :

Gymkhana Committee organized Staff Sports for all teaching and non-teaching staff of junior as well as degree college on 23rd October 2017. It was informal activity wherein all staff enjoyed playing various sports, athletic events which was planned for them. Staff participated in athletic events like sprint, standing long jump, shot put, relay and also played badminton, table tennis, chess, carrom for enjoyment. Teaching and non-teaching staff also played a friendly match of box cricket in quadrangle. It was good team building and relaxing activity for all the staff.

INTER-COLLEGIATE TOURNAMENTS :

The college students represented the college in various events at the university as well as inter-collegiate fests and private tournaments. This year individual students as well as college teams represented our college in the following 14 Sports Inter-collegiate tournaments organized by University of Mumbai - chess (M & W), badminton (M & W), table tennis (M), half-marathon (M & W), football (M), volleyball (M), kabaddi (M), cricket (M), squash (M), tennis (W), baseball (M), softball (M), tug of war (M & W) and carrom (M & W). The performances of our college students are summarized below :

CHESS : The Men Chess team was captained by Avinash Bist (SYBMS). The Men's Chess Tournament was Team Event organized at K.G. Mittal College of Arts and Comm., Malad West on 25th to 27th July 2017. The chess team comprised of 6 players out of which any four

chess players had to compete with the given 6 opponent colleges as per the draw. The total scores after 6 matches were considered to select 4 qualifying teams for zonal level. Our team didn't qualify for zonal level but, they competed well against some good colleges. It was good learning experience for our chess team as many of them were from first year. The Women's Chess Tournament was Individual Event organized at Anna Leela College Commerce and Economics, Kurla on 1st to 3rd August 2017 and only one student Aneri Shah (SYBAF) represented our college who didn't qualify for zonal tournament.

TABLE TENNIS : Table tennis is specialized skill based technical and tactical sport. The Men Table Tennis team was captained by Harsh Rambhia (TYBMS). The selected Table Tennis trainees undergone for almost 1 month (8th July to 5th August) under the supervision of Sports Director at Gymkhana. Men's individual event Harsh Rambhia lost in first round while Ahmad Khan (TYBMS) lost in third round after a fine display of their sports skills whereas, in Men's Team event we lost in first round itself.

BADMINTON : This year Badminton Interclass was conducted in Indoor Courts of Andheri Sports Complex and a pool of students were selected for 1 month (18th July to 18th August) Training and Coaching in Badminton under the guidance of Mr. Anil Kulkarni (veteran National player) and Mrs. Anagha Kulkarni (Sports Director). Badminton Men's team was captained by Maheshwar Sharma (TYBCom) while, Women's team was captained by Zeal Shah (FYBA). Though one month badminton practice is not sufficient to get favorable results in Intercollegiate tournaments but, lot of improvement was observed among the badminton trainees. Badminton Intercollegiate was organized at Sports Pavilion, University of Mumbai, Marine Lines from 19th to 22nd August 2017. Men's and Women's individuals as well as teams both lost in their respective first rounds. Badminton players requires to practice regularly in indoor courts under specialized coach for more than 6 months to get some results.

FOOTBALL : The team was captained by Mayur Devade (TYBCom) and has some fine players. We had appointed one of our alumni and footballer Mr. Cristopher R'bello as Coach of our college team. The football training started from 27th June to 16th October 2017 at our college ground. The training was conducted really well by coach and a pool of footballers were ready to perform. The team performed well at the university match but, was knocked out in the 1st round by 3 -1 against Kirti College. The football training on our small college ground affected their performance as they were not used to play on comparatively bigger playground of University of Mumbai and the physical fitness of footballers also needs a lot of improvement.

HALF MARATHON : Half Marathon is endurance sporting event which requires regular practice & fitness training and a specialized athletics coach for tactical support. Our two athletes - Avinash Bist (SYBMS) and Sony Mali (TYBA) gave their best while representing college at Half Marathon Tournament organized at J.S.S.P.'s College of Arts, Sci. and Comm., Goveli. They both couldn't complete the distance of 21 km in pre-decided qualification time.

VOLLEYBALL and KABADDI : The college is in the process of re-building teams of the volleyball and kabaddi squads and hopefully will improve upon the performances of 2017-

2018. Volleyball and kabaddi teams were captained by Darshan Shelar (TYBCom) and Aditya Kochakkar (SYBCom) respectively. Our college lost in the first round of Intercollegiate of volleyball as well as kabaddi organized at B.P.C.A.'s CPE, Wadala and Chetna College, Bandra respectively. The players need to practice regularly as well as focus on their physical fitness. We need to train the players by appointing a coach in the next academic year.

BASKETBALL : Though college had appointed our alumni and basketball ex-captain Mr. Ashok Shah coach for basketball trainees for two months as well as hired basketball courts at Saisa Club, Bandra and Balkam-ji-bari for basketball training for interested students. Due to lack of sufficient practice and self-motivation of players during training; our team didn't show any significant improvement in the performance in Basketball Inter-collegiate organized at Mastan YMCA, Bombay Central. College is thinking to promote the sport of basketball through renovating the quadrangle at college premises into a basketball court. The process of basketball squad shall start from school and junior college itself to get pool of talented basketball players for degree college team.

CRICKET : The team was captained by Raj Kochare (TYBScIT) and was unlucky to be knocked out in the 2nd round of the Cricket Intercollegiate Tournament against MMK College at Oval Maidan. The lack of regular practice, missed catches, fielding mishaps resulted in the loss. Omkar Desai (TYBCom) showcased all-round performance in both batting and bowling. College cricket team won Open Overarm Cricket Tournament in SKREAM 2017 organized by K. J. Somaiya College of Engineering and Box Cricket organized in Synergy 2017 by Sathaye College. They participated in various box cricket tournaments organized by different fests.

SQUASH : Amey Jadhav (FYBCom) represented college in Squash Inter-collegiate but, lost in the very first round.

TENNIS : Dakshata Patel (FYBMM) won first medal (bronze) to college in Tennis Intercollegiate organized at Tennis Court, Vidyanagari, Kalina. She is truly the sports ambassador of our college.

BASEBALL and SOFTBALL : College decided to start new initiative by training students in the sports of Baseball and Softball by appointing coach Mr. Dipanshu Choudhery and Mr. Shardul Bandabe. College gave Training and Coaching to interested students. The most of players are from cricket squad as these sports enable to enhance performance in cricket. Though this year was our first year to participate at Baseball and Softball Inter-collegiate and there are a lot of technical aspects in these sports still our team performance was satisfactory. Softball team lost against Khalasa College while Baseball team lost against Ruparel College by big margin as both the opponent teams were experienced in these sport.

TUG OF WAR : This was first year of our college to participate in Inter-collegiate organized by University of Mumbai at Kirti College, Dadar. Tug of war teams of both men and women lost in their first rounds.

CARROM : Jagruti Patil and Aiman Khan of TY B.Com, secured 5th Place by reaching the quarter finals of Women's Carrom Doubles event of Carrom Intercollegiate Tournament organized by University of Mumbai at S.I.E.S. College, Sion. Jagruti and Aiman had won silver medal in Carrom Doubles event in Carrom Intercollegiate organized by University of Mumbai in 2016-2017. Men's Carrom team captained by Ajay Gupta (SYBBI) which lost in both Carrom singles and doubles events.

ANNUAL PRIZE DISTRIBUTION :

The outstanding sports performances were celebrated at the Annual Prize Distribution ceremony on 10th March 2018 where certificates and medals were presented to the winners of various competitions. Special trophies were awarded to Outstanding Performers Dakshata Patel (Tennis), Jagruti Patil and Aiman Khan (Carrom) as well as Champion Girl / Boy (Best Athlete in Annual Sports Day) Soni Mali and Faizan Ansari.

We are thankful to the college management, Principal Dr. Debajit N. Sarkar, Vice Principal CA Mahesh Sathe, Gymkhana Chairman Dr. Satish Naringrekar, Gymkhana Committee members and the coaches of various teams for their support and encouragement. We are also thankful to the teaching and non-teaching staff, especially Dr. Anupama Nerurkar, CA Hrishikesh Wandrekar, Mr. Rahul Dandekar, Mr. Satish Dalvi, Mrs. Rupal Kore and Mrs. Ragini 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 hopeful that talent identification, training - coaching students from junior college itself would provide us good bench strength and pool of sportsmen/women. We are confident that with further support and infrastructure facilities, our students will compete and excel at the University level and beyond.

a.kulkarni

Anagha Kulkarni
Director
Physical Education & Sports



Dr. Satish Naringrekar
Chairman
Gymkhana Committee