

#### SADHANA EDUCATION SOCIETY'S

(Registered under society's act of 1860 & Bombay Public Trust Act 1950) Linguistic (Gujarati) Minority

## L. S. RAHEJA COLLEGE OF ARTS & COMMERCE

Estd: 1980

Relief Road, Santacruz (W), Mumbai - 400 054.
Tel.: 2660 9320 / 2661 4101 | E-mail: degree.office@lsraheja.org / principal@lsraheja.org
Website: www.lsraheja.org

#### 4.1.2 Sports and Cultural Facilities

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धन्ना<u>लिना</u> ज्ञानमञ्जूषीप



Dr. Debajit N. Sarkar

(Principal)

# 1. GeoTag Photos of Gymkhan Activities

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## 1. Badminton







## 2. Baseball





## 3. Basketball





#### 4. Carrom

#### **Intercollegiate Carrom Competition - University of Mumbai**











N-land

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## 5. Chess







#### 6. Cricket







#### 7. Football





#### 8. Kabaddi

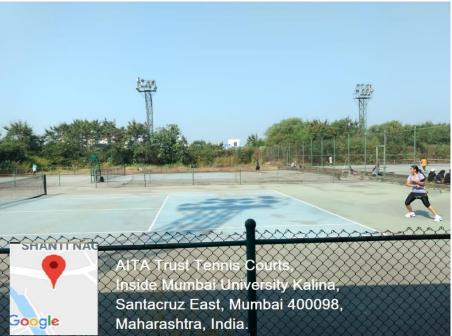






#### 9. Lawn Tennis







## 10. Softball





#### 11. Table Tennis







## 12. Tug of War







## 13.Yoga





X-Pour

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## 14. Annual Sports Day













# 15. Annual Sports Day for Teaching and Non-Teaching Staff







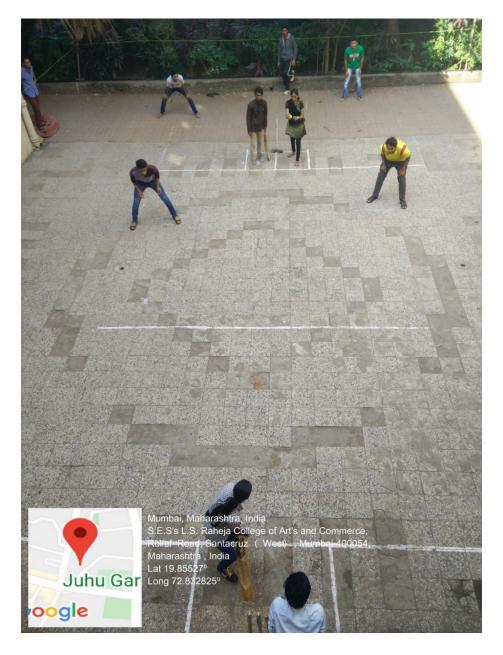


X-Com

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## 16.Box Cricket





#### 17.Raheja Sports Week









Principal Principal







Dutantant

Principal



# 18.Raheja Fittest Boy & Fittest Girl





X-Com

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## 19. Workshop on

• Holistic Approach to Stress Management and Healthy Lifestyle











## Workshop on

# Various Games





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## 20.Friendly Match – Various Games





## 21. National International Players

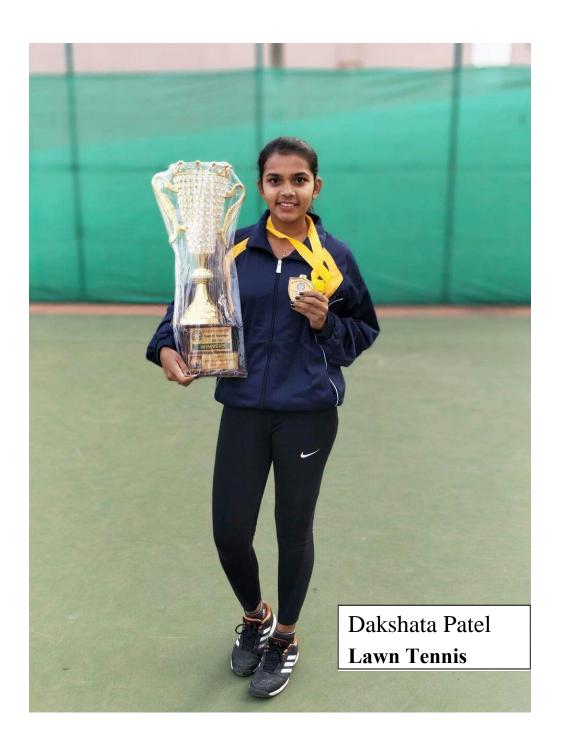


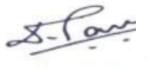












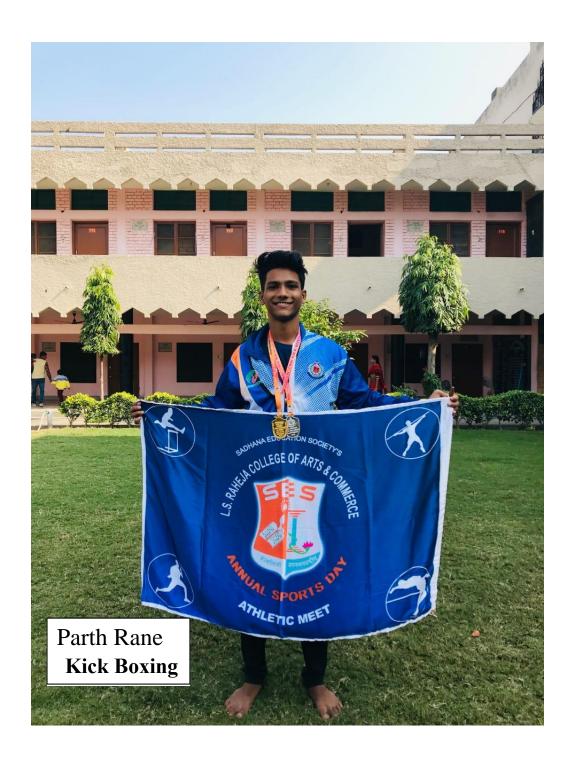
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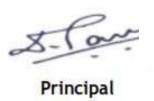




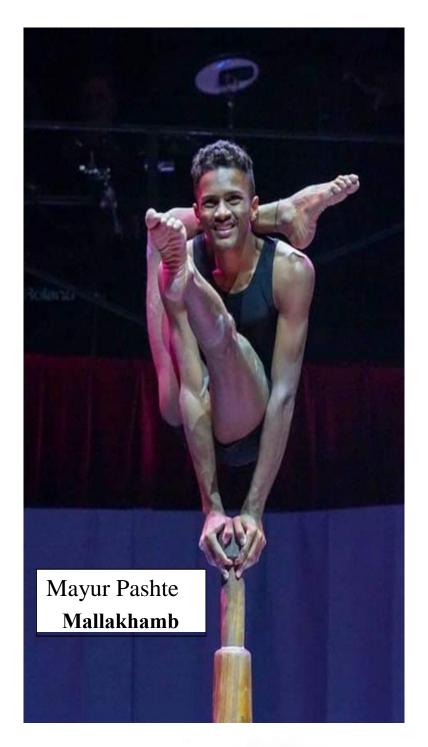


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## 22.Online Workshop – Youtube



## GYMKHANA COMMITTEE

Organizing

WEBINAR SERIES: ONLINE TRAINING WORKSHOPS

(S.E.S's L.S.Raheja You Tube Channel)

"HEALTHY LIFESTYLE NEW YEAR NEW RESOLUTIONS"

"THE GREATEST WEALTH IS HEALTH"

For L.S. Raheja College Students and Staff

From Saturday 20th March 2021 to Saturday, 22nd May 2021

(10 Sessions on 10 consecutive Saturdays)



#### SADHANA EDUCATION SOCIETY'S

## L. S. RAHEJA COLLEGE OF ARTS AND COMMERCE

SANTACRUZ (WEST), MUMBAI, MAHARASHTRA

## GYMKHANA COMMITTEE

WEBINAR SERIES : ONLINE TRAINING WORKSHOPS

### "HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS"



Session : I

Date: 20th March 2021

#### Topic : Yogic practice for Healthy Body and Healthy Mind

- Working as a Physical Education Teacher in SANE GURUJI ENGLISH MEDIUM SCHOOL,DADAR

- MEDIUM SCHOOL,DADAR.
  7 years job experience at school as a Physical Education Teacher.
  Working as a Personal Yoga Instructor in Adhata NGO.
  MPEd / BPEd / BA
  Diploma in Yoga from yoga Vidya Niketan,vashi
  3 Gold medal and 2 bronze medal in universify kabaddi tournament.
  2 Silver and 1 bronze medal in inter collegiate yoga competition.
  1 Gold medal and 1 bronze medal in mayor cup yoga competition.
  4 Yoga awards winner in female category from Yoga Vidya Niketan, Vashi expertise in Kabaddi, Kho-Kho, Athletics. Deep Yoga(yoga with lamp)
- Medium School, Dadar (Yoga Instructor)

P.E. Teacher, Sane Guruji English





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### GYMKHANA COMMITTEE

WEBINAR SERIES: ONLINE TRAINING WORKSHOPS

## "HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS"



Zin Neelam Rhandari

Licensed Zumba Instructor :

- Topic : Zumba Fitness : Dance Workout
- Physical Education Teacher , Vibgyor High School, Airoli & Vibgyor VIVA , Event Coordinator. Working in the fitness industry since past 10 years. Licensed Zumba Instructor and Zin since 2016 Onboard Zumba Expert for Dearthlon and Fitnigguru. Virtual Zumba event conducted for Pinkathlon, Max Protein, Decathlon ,

Date : 27th March 2021

- FittqGuru and Talview. Conducted Zumba training session in many corporate MNC companies including
- Banks as well as Marathons like we Run Airoli & Thane Marathon. Conducted Zumba workshop in many college's like BPCA Wadala &
- Connicree Zumoa worksnop in many courge's nice BPCA watchin & Gurukul/College.

  Associated with few NGO's for spreading fitness awareness through Zumba. Master in Physical Education (M.P.Ed).
- "The Greatest Wealth is Health" Week 2: - " Zumba Fitness: Dance Workout ("Healthy Lifestyle- New Year Ne ... 159 views · 3 months ago  $\blacksquare$ 凸 77 Share Save SES L S Raheja College **SUBSCRIBED** 831 subscribers

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### "HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS" Date: 03rd April 2021



Topic : Traditional Indian Exercises

- Working as a Physical Education Teacher in years job experience at school as a Physical Education Teacher.
  Working as a Martial art and fitness trainer .Worked with Actor, Model and Fitness Icon Milind Soman at Pinkathon
  MPEd / BPEd / Ph.D Pursing
  Black Belt III Degree in kung-fu Martial Art.
  2 Silver Medals in First International Karate Championship 2007 and
- 2 Silver Medals in First International Karate Championship 2007 and Maharashtra karate Championship 2008.
   8 Bronze Medalist Indo Cup Karate 2009-2010.
   3 Gold Medals in State Mik Martial Art Championship 2011-2012, Women martial arts championship 2014 and National karate championship 2016.
  Cleared Exam Hindi Rastrabhasha Pandit, Akhil Bhartiya Gandharv University Tabla



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WEBINAR SERIES : ONLINE TRAINING WORKSHOPS

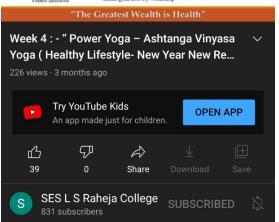
"HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS"



Topic : POWER YOGA - Ashtang Vinyasa Yoga

- · Working as a Physical Education Teacher since 8 year at schools.
- · Working as Fitness Instructor and yoga trainer cum Aerobics and Power yoga Instructor above 7 years experience.
- M.P.Ed,B.P,Ed Mumbai University
- P.G diploma in yoga from Tamilnadu University
- Pursing Pregnancy yoga certification Pcod management
- · Brain gym activity workshop

EGE OA SANTACRUZ (WEST).



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WEBINAR SERIES : ONLINE TRAINING WORKSHOPS

### "HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS"



- Topic : Aerobics Exercise with Dance and Fun
- Physical Education Teacher , Ces's Michael High school and Marceline Jr. College

Date: 17th April 2021

- Graduated with B.Com / B.P.ED / M.P.Ed from Mumbai University
- 8 year Experience of Kabaddi Coaching Sahasi Krida Manch Chembur
- Selected for Mumbai University Kabaddi Team Trial 2015-2016
- · Played Kabaddi for District and State Level

Mr. Ajay Bhagwan Dundale Physical Education Teacher



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WEBINAR SERIES : ONLINE TRAINING WORKSHOPS

"HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS"



Ms. Anagha A. Kulkarni

Dir. Phy. Edu. & Sports Gurukul College of Commerce

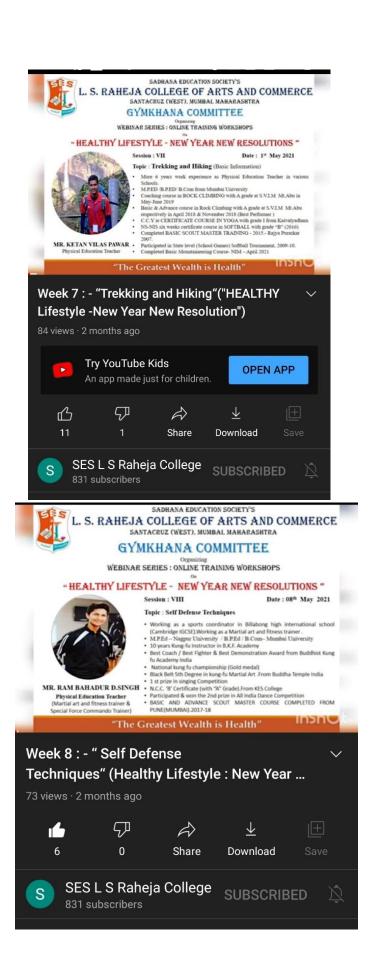
Date: 24th April 2021 Topic : Physical Literacy for Healthy Lifestyle

- Physical Educator and Professional Social Worker
  Volunteer, Physical Literacy India Movement
  More than 10 years job experience at various positions in school, colleges
  and NiGOs
  NET, SET, MPEd, MSW, BPEd, BSc
  Pursuing PhD at DPE. University of Mumbai
  NSNIS six weeds certificate course Cricket (2015)
  National Hinaliayan Trekking Expeditions with Youth Hostel Association
  of India

Week 6: " Physical Literacy For Healthy Lifestyle" ("Healthy life style- New Year Ne... Try YouTube Kids OPEN APP An app made just for children. 571 凸 A SES L S Raheja College **SUBSCRIBED** 831 subscribers

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GYMKHANA COMMITTEE

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#### "HEALTHY LIFESTYLE - NEW YEAR NEW RESOLUTIONS" Session : IX Date: 15th May 2021

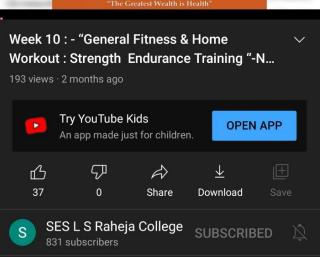
- Topic : Basic Knowledge of Nutrition & Sports Nutrition Winner Mrs Mumbai 2019
- Winner Mrs Mumbal 2019
  Freelancer Health, Nutrition And Fitness Coach (2017-till Date)
  Freelancer Health, Nutrition And Fitness Coach (2017-till Date)
  Certified Group Fitness Instructor From AFAA Athletic And Fitness
  Association Of America
  NTERNATIONALLY ACCREDITED DIPLOMA From FABULOUS
  BODY INC CALIFORNIA In SPORTS NUTRITION, KETO DIETARY
  ADVISORY, COMPLETE NUTRITION, ENTERMITTENT FASTING
  Diploma Certification In Health And Nutrition Coach Felts Harder,
  Transformation Coach
  Propriet A: Rakhi Salian's Floating Feet Dance Institute (2006-till Date)
  Fromman Triathon Health And Nutrition Coach
  Grooming Instructor As A H. A. Albertonse.

  \*\*Advantage Coache Coache
  Grooming Instructor As A H. A. Albertonse.

  \*\*Advantage Coache
  C
- RAKHI SALIAN
- Health, Nutrition & Fitness Coach Choreographer / Performer
  - Grooming Instructor At A.H.A Airhostess Academy
     Best Dancer Trophy at Shiamak Davar institute of performing Arts 2003







Principal



## 2. Equipments and Other Infrastructure for Sports Activities

#### L.S. RAHEJA COLLEGE – GYMKHANA **Equipment's and Other Infrastructure PARTICULARS SPORTS MEASURE QTY** Sr. No. Cricket Bats - (season / tennis) Cricket Nos. Cricket Bats - recreational Cricket Nos. 2 Cricket Gloves Cricket Pairs Nos. 3 3 Batsman Pads Cricket Pairs Nos. 4 4 Thigh Pads 2 Cricket Nos. 5 Helmets Nos. 3 Cricket 6 Keeper Gloves Nos. 7 Cricket Keeper Gloves - Inner Nos. Cricket 1 8 Keeper pads Pairs Nos. 9 Cricket 1 Elbow Guards / Arm Guard Cricket Nos. 1 10 11 Season Balls Cricket Nos. 6 Stumps Cricket Nos. 9 12 2 Stumps stand Cricket Nos. 13 Kit bag Cricket Nos. 2 14 Cricket - hard tennis balls Cricket 15 Nos. 15 16 Baseball Baseball Slugger Nos. 1 17 Softball Softball Slugger Nos. 1 18 Baseball 9 Baseballs Nos. 19 Softballs Softball Nos. 8 20 Baseball/Softball Nos. 15 Gloves 21 Baseball/Softball 2 Helmets (Black) Nos. 22 Head / Face Protection Baseball/Softball Nos. 1 23 Baseball/Softball Knee and Leg Protection Nos. 1 24 Baseball/Softball **Chest Protection** Nos. 1 **Footballs** Football Nos. 25 Goal Net Football Nos. 2 26 Basketball balls - size 7 Nos. 27 Basketball 1 Basketball balls - size 6 Basketball Nos. 1 28 Volleyball Volleyballs Nos. 4 29 2 Volleyball net Volleyball 30 Nos. Throwballs Throwball 2 Nos. 31 Handballs Hanball 2 Nos. 32 Chess boards Chess Nos. 10 33

Chess

Nos.

10

34

Chess pieces set

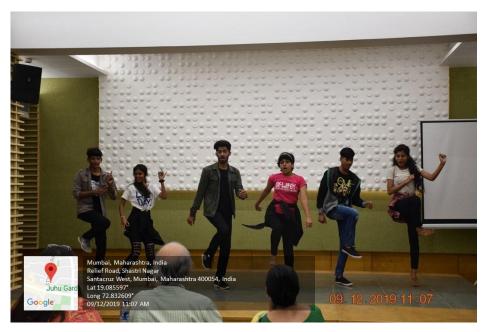
35	Chess digital clocks	Chess	Nos.	2
36	Badminton racquets - Match	Badminton	Nos.	4
37	Badminton racquets - Regular	Badminton	Nos.	12
38	Shuttle Cocks	Badminton	Boxes	2
39	Shuttle Cocks	Badminton	Boxes	15
40	Badminton covers - single	Badminton	Nos.	4
41	Badminton Net	Badminton	Nos.	1
42	Ball Badminton Rackets	Ball Badminton	Nos.	12
43	Ball Badminton balls	Ball Badminton	Nos.	10
44	Table tennis racquets	Table Tennis	Nos.	6
45	Table tennis racquets general	Table Tennis	Nos.	8
46	Table tennis nets	Table Tennis	Nos.	3
47	Table tennis racquet covers	Table Tennis	Nos.	6
48	Table Tennis balls - Nittaku	Table Tennis	Box - 4 balls	6
49	Table Tennis balls - general use	Table Tennis	Nos.	20
50	Table tennis net stands	Table Tennis	Nos.	6
51	Table tennis table	Table Tennis	Nos.	3
52	Carrom Boards	Carrom	Nos.	6
53	Carrom coins set	Carrom	Nos.	10
54	Carrom strikers	Carrom	Nos.	10
55	Carrom powder boxes	Carrom	Nos.	2
56	Discus - Boys	Discus throw	Nos.	1
57	Discus - Girls	Discus throw	Nos.	1
58	Shot – Boys	Hammer throw	Nos.	2
59	Shot – Girls	Hammer throw	Nos.	2
60	Clapper	Athletics	Nos.	1
61	Relay Batton	Athletics	Nos.	4
62	Stop Watch	All Games	Nos.	4
63	Chuna - 5 kgs bag	Gym	Nos.	1
64	Tug of War rope	Gym	Nos.	1
65	Cycle air pump	Gym	Nos.	1
66	Measurement tape	Gym	Nos.	2
67	Medicine Ball	Gym	Nos.	2
68	Swimming Goggles	Swimming	Nos.	3
69	Swimming Cap	Swimming	Nos.	3
70	Weighing Scale	General	Nos.	1
71	Gym Equipements	Fitness	Nos.	1
*	Barbell Bench Press	Fitness	Nos.	1
*	Decline Barbell Bench	Fitness	Nos.	1
*	Cabie Row Machie/ Pull Down Machine	Fitness	Nos.	1
*	Stationary bike	Fitness	Nos.	1

*	Barbell & Stand	Fitness	Nos.	1
*	Skipping Rope	Fitness	Nos.	6
72	Medical Kit	Gymkhana	Nos.	2
73	Chairs - Plastic	Gymkhana	Nos.	20
74	Chairs	Gymkhana	Nos.	3
75	Tables - Desk	Gymkhana	Nos.	1
76	Computer System with speakers	Gymkhana	Nos.	1
77	Intercom	Gymkhana	Nos.	1
78	Locker	Gymkhana	Nos.	2
79	Cupboards	Gymkhana	Nos.	4
80	Flags - small	Gymkhana	Nos.	2
81	Flag - Large	Gymkhana	Nos.	7
82	Hanging Carrom lamps	Gymkhana	Nos.	4
83	Carrom table stand	Gymkhana	Nos.	6
84	Plastic Marker Cones	Gymkhana	Nos.	14
85	Plastic Marker Discs	Gymkhana	Nos.	5
86	Volleyball Pole	Gymkhana	Nos.	2
87	Gymkhan Notice Board	Gymkhana	Nos.	2
88	All Games Uniform/ Kit -Provided Participans of that particular games	Gymkhana	Nos.	Participated games - University / Intercollegiate
89	Mike - Stand Mike (1) Cordless Mike (4)	Auditorium	Nos.	5
90	Speaker – Mounted – 8 / Movable – 2	Auditorium	Nos.	10
100	Projector	Auditorium	Nos.	1
101	Amplifier	Auditorium	Nos.	2



## 3. Facilities For Sports and Cultural Activities

## • Auditorium :-







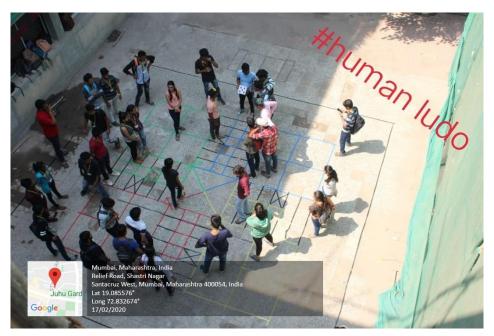




X-Ton



# • Quadrangle :-









## • College Main Ground (Big Ground):-







# • College Upavan : -





