

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

GYMKHANA REPORT
YEAR -2020-2021

The Gymkhana Committee for the year 2020-21 was formed with CA. Hrishikesh Wandrekar as its Chairperson and Ms. Dipali Patil, the Director of Physical Education as its Convenor. In a difficult year, where participation in sports was not possible, the committee was restricted to conducting its activities virtually. The following activities were organized by the committee during the year:

- **PHYSICAL EDUCATION AND SPORTS QUIZ**

On the Occasion of International Yoga Day 21st June 2020 Gymkhana Committee conducted Physical Education and Sports Quiz. 25 questions related with P.E and Sports were asked in this quiz. More than 500 participants attempted this quiz including teachers, students and the general public. All the participants

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Relief Road, Santacruz (West), Mumbai – 400054.

Gymkhana Committee in association with IQAC is organising
Quiz : "Physical Education and Sports Quiz"

Objectives : To make the people aware about Physical Education and Sports
To encourage them to take part in Physical and Sports related activities
To increase their interest in Physical Education and Sports

® No Participation fees  E-Certificate will be awarded to participants scored more than 40% in Quiz
Last Date for participation is 20th June 2020

For registration and Participation , please click her
<https://forms.gle/pDXkxuqfv1AkBVex7>

DR. DEBAJIT SARKAR Principal	DR. ANUPAMA NERURKAR Convenor, IQAC	MR. H. A. WANDREKAR Chairman, Gymkhana Committee	MS. DIPALI M. PATIL Director, Phy. Edu. & Sports
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For Any query Contact email : dipali.patil@lsraheja.org

were issued E-Certificates after completing the quiz. This quiz was attempted by people on a national level.

- **VIRTUAL RUN – FIT INDIA RUN**

Gymkhana Committee Celebrated National Sports Day on 29th August 2020 by organizing a Virtual Run in association with Fit India Movement. The Virtual Run was conducted between 29th August 2020 to 31st



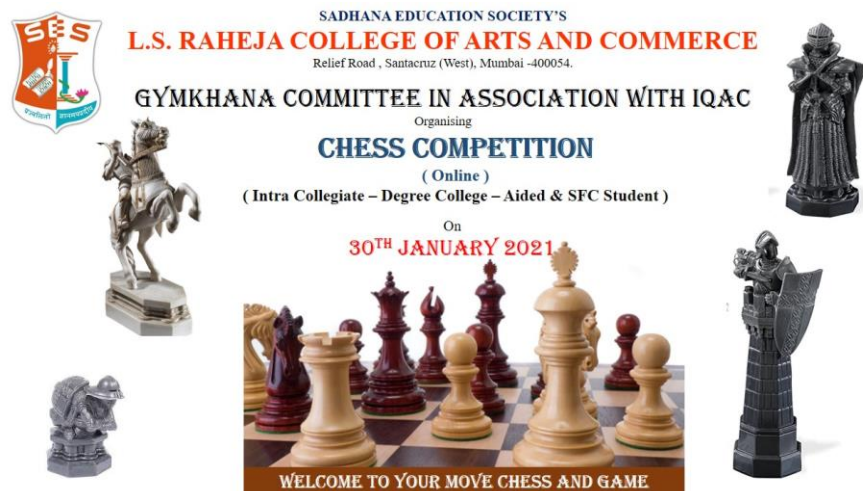
October 2020 on a National Level. The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and

organizations undertook various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Virtual Run conducted by our college was dedicated to the coaches and teachers who have touched and changed your life through sports. More than 300 people including college and school students, teachers, and common people from all over India participated in the Virtual Run. The categories in the Virtual Run included 1 km, 3 kms, 5 kms and 10 kms running & walking. Nike Club app was used for collecting data from the participants. After uploading the running & timing data, the participants were issued E-Certificates from Fit India.

- **CHESS COMPETITION**

Gymkhana Committee conducted Interclass Online Chess Competition on 30th January 2021. More than 30 students from aided and self-financing section participated in this event. The event was organized & supervised by our college chess team players. The Chess Competition was conducted by setting up online chess matches through the Lichess App.



- **WEBINAR SERIES - 10 SATURDAYS (More than 2 Month)**

Gymkhana Committee conducted a Webinar Series on 10 consecutive Saturdays from 20th March 2021 to 22nd May 2021 on the college YouTube channel. A pre-recorded video featuring different fitness disciplines and different resource persons was uploaded on each Saturday on our college YouTube channel. Each video has racked up more than 200 views as on date. The following topics were covered in the webinar series:



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 SANTACRUZ (WEST), MUMBAI, MAHARASHTRA

Gymkhana Committee

Organizing

WEBINAR SERIES : ONLINE TRAINING WORKSHOPS

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

On

**“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)

Session	Date	Topic	Resource Person
1	20/03/2021	Yogic Practices for Healthy Body and Healthy Mind	Mrs. Kalpita Parab
2	27/03/2021	Zumba Fitness : Dance Workout	Ms. Neelam Bhandari
3	03/04/2021	Traditional Indian Exercise	Ms. Nikita Dandekar
4	10/04/2021	Power Yoga – Ashtanga Vinyasa Yoga	Ms. Pratidnya Mayekar
5	17/04/2021	Aerobics- Exercise with Dance and Fun	Mr. Ajay Dundale
6	24/04/2021	Physical Literacy for Healthy Lifestyle	Ms. Anagha Kulkarni
7	01/05/2021	Trekking and Hiking	Mr. Ketan Pawar
8	08/05/2021	Self Defense Techniques	Mr. Ram Singh
9	15/05/2021	Basic Knowledge of Nutrition and Sports Nutrition	Ms. Rakhi Salian
10	22/05/2021	General Fitness & Home Workout: Strength & Endurance Training	Dr. Sachin Tambare

The Gymkhana Committee will look to continue its endeavors to promote physical well-being in the coming academic year.

Miss. Dipali Mahesh Patil
 Dir. Of Phy.Edu. And Sports

CA Hrishikesh Wandrekar
 Chairman of Gymkhana