



# 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, Email:-Please refer website.

Tel.: 2660 9320 / 2661 4101, Website : www.lsrheja.org

Ref No .LSRC/GYMKHANA/22-23/2805

Date : 04-02-2023

### GYMKHANA NOTICE

All the Degree College (Aided/Unaided) and Junior College students are requested to register their names on or before 8<sup>th</sup> February 2023 to Dr. Dipali Mahesh Patil & Mr. Vinod Dharam for "RAHEJA FITTEST BOY / FITTEST GIRL" Competition.

#### ➤ Qualifying Round

Day & Date	Time	Event	Venue
Friday 10 <sup>th</sup> February 2023	08.00 am (Reporting Time - 7.30 am to 8.00 am )	<b>➤ FITTEST BOY / GIRL</b> <ul style="list-style-type: none"> <li>• 12 Min Run &amp; Walk or 4 Min- Harvard Step Test</li> <li>• 1 Min Push Ups</li> <li>• 1 Min Bent Knee Sit Ups/ Crunches</li> <li>• 1 Min Squat ( Baithak)</li> <li>• 3 Min Suryanamaskar</li> <li>• 3 Min Burpee</li> <li>• Holding Time - Maximum Hold</li> <li>✓ Plank</li> <li>✓ Ardha Halasan</li> <li>✓ Shalabhasana - Holding Time</li> <li>✓ Naukasan - Supine &amp; Prone</li> </ul>	College Ground - Reporting Gymkhana
# Students should carry - Documents Compulsory <ul style="list-style-type: none"> <li>• College ID Cards &amp; Fee Receipt or Bonafied / Library Cards</li> </ul>			
# Contact - Gymkhana committee Student In charge - <ul style="list-style-type: none"> <li>• Kunal Rane - 9004917244(Degree ) / Yashshri Surve - 8087067980 ( Junior College)</li> <li>• Ninad Teli - 9324457012 (Degree ) / Shivam Singh - 8433553471 ( Junior College)</li> <li>• Roshni Gupta - 8291632295(Degree ) / Vijay - 8928585954 ( Junior College)</li> <li>• Contact Any Gymkhana Students Committee Members - Numbers displayed on Notice Board</li> </ul>			

## Qualifying Round for Finals - Annual Sports Day

*Dipali*  
Dr .Dipali Mahesh Patil  
Director of Phy. Education  
& Sports

*Manandekar*  
CA. H.A Wandrekar  
Chairman of Gymkhana

*Dr. Debajit N. Sarkar*  
Dr. Debajit N. Sarkar  
Principal



Programmes Offered : Aided : F.Y.J.C. & S.Y.J.C.- Arts and Commerce, B.A. & B.Com.

Self Finance : B.M.S., B.A.F., B.B.I., B.Sc. IT., B.F.M., B.A.M.M.C. & M.Com. Research Centre For Commerce (Business Policy & Administration)



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Date : 04-02-2023

### GYMKHANA NOTICE

#### ANNUAL SPORTS DAY TIME TABLE

All Degree and Junior college students (Aided/Unaided) who wish to participate in Annual Sports Day (Athletic Meet) . Online and Offline Registration Started in College Premises. **For Details contact Dr. Dipali Mahesh Patil – Director of Physical Education and Sports and Mr. Vinod Dharam – Junior College Sports Teacher Before 9<sup>th</sup> February 2023.**

Day & Date	Session	Time	Events	Venue
Saturday 11 -02- 2023	Session 1	06.30 am to 07.30am	Road Race – 3 km (Only Participants)	Relief Road
	Session 2	08.00 am to 08:30 am	Reporting	Gymkhana
	Session 3	08:30 am to 08:40 am	Flag Hoisting and March Past	College Gymkhana Ground
	Session 4	08:40 am to 10:40 am First Round -10:00 am Final – 11:00 am	FIELD EVENTS - Shot Put - Standing Broad Jump	
	Session 5	10:30 am to 12:30 pm	Fittest Boy – Fittest Girl Finals	
	Session 6	10.30 am to 12:30 pm Start- 9:00 am Final -10:00 am	Recreational Events - Skipping Race - Three Leg Race	
	Session 7	12:30 pm to 1.30 pm	*Prize Distribution* Raheja Sports Week & Annual Sports Day	

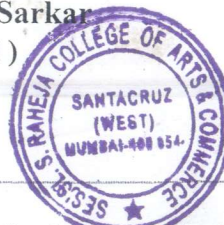
#### Further Details Visit Registration Counter – College Entrance

- Kunal Rane – 9004917244(Degree) / Yashshri Surve – 8087067980 ( Junior College)
- Ninad Teli – 9324457012 (Degree) / Shivam Singh – 8433553471 ( Junior College )
- Roshni Gupta – 8291632295(Degree) / Vijay – 8928585954 ( Junior College )
- Contact Any Gymkhana Students Committee Members – Numbers displayed on Notice Board

Dr. Dipali Mahesh Patil  
(Director, Phy. Edu. And Sports)

C.A Hrishikesh Wandrekar  
( Gymkhana Chairman )

Dr. Debajit N. Sarkar  
( Principal )



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