



ISO Certified 9001-2015

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 : 1986

NAAC ACCREDITED B++ (3<sup>rd</sup> Cycle)

Relief Road, Santacruz (W), Mumbai - 400 054, Email: registrar@lraheja.org  
Tel: 2660 9320 / 2661 4101, Website : www.lraheja.org

Ref No.: LSRC/Notice/23-24/133

12<sup>th</sup> April 2024

### SPORTS SUMMER CAMP 2023-24

Organise By Gymkhana Committee

- **Date** : Monday 15<sup>th</sup> April 2024 to Friday, 26<sup>th</sup> April 2024
- **Venue** : College Gymkhana and Ground
- **Timing**: 3-4 hours every day
- **Batch** - Degree College – 08:30 to 12:30 am

Sr. No.	Date	Day	Activity	Sport / Activity
1	15-04-2024	Monday	Enrolment of Students	Introduction of Summer Camp Activities and Slots distribution for students
2	16-04-2024	Tuesday	Exercise / Games	Warming up and Colling Down Exercise – Outdoor
				Football– Outdoor
				Suryanamskar – Outdoor
3	18-04-2024	Thursday	Exercise / Games	Fitness Training– Outdoor
				Yogic Exercise and Asanas
				Volleyball– Outdoor
4	19-04-2024	Friday	Individual Events	Athletics- Outdoor
5	20-04-2024	Saturday	Exercise/ Games	Aerobics / Fitness – Outdoor
				Meditation – Indoor
				Table Tennis- Indoor
6	22-04-2024	Monday	Games	Volleyball - Outdoor
				Chess- Indoor
7	23-04-2024	Tuesday	Exercise- Asana	Yoga – Suryanamaskar – Indoor
8	24-04-2024	Wednesday	Games	Ball Badminton – Outdoor
				Ball Badminton – Outdoor
				Chess- Indoor
9	25-04-2024	Thursday	Indian Games	Introduction of Indian Games
10	26-04-2024	Friday	Indian Games	Introduction of Indian Games

# Only for L.S. Raheja College Students. I- Card Compulsory

Dr. Dipali Mahesh Patil  
Director of Physical Education  
and Sports

C.A. Hrishikesh A. Wandrekar  
Gymkhana Chairman

Dr. Debajit N. Sarkar  
Principal

