



Vidya Prasarak Mandal's R Z Shah College Of Arts, Science & Commerce

Mithagar Road, Mulund East, Mumbai 400 081

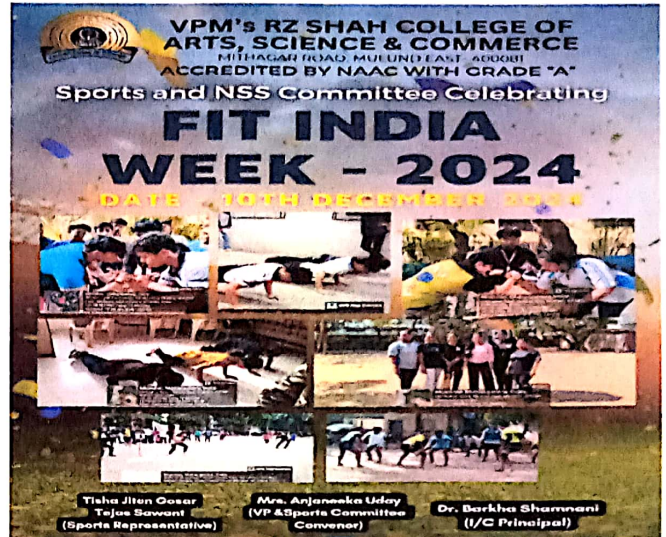
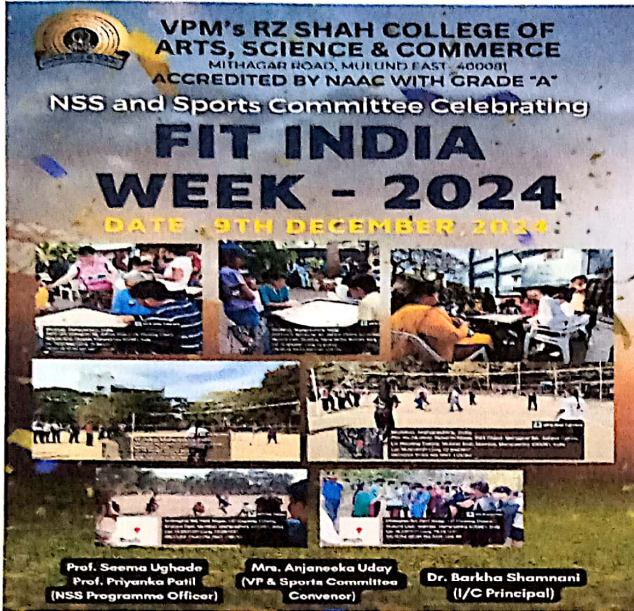
Affiliated to University of Mumbai

Accredited by NAAC Grade "A"

Report of Event / Programme

Name of the Department/s / Committee/s	Sports Committee
Name of the Convenor	Mrs. Anjaneeka Uday
Title of the Event / Programme	Sports Week- Fit India
Date / Period of Event / Programme	9 th December, 2024-14 th December, 2024
Venue of the Event / Programme	College Ground
In collaboration with (if applicable)	National Service Scheme
The objective of the Event / Programme	To promote sports.
Description of the Event	<p>"Fit India Sports Week (9th-14th Dec 2024)</p> <p>Our institution successfully hosted the Fit India Sports Week, a thrilling 6-day event packed with exciting sports activities for students and staff.</p> <p>Students' Events: Kabaddi, Box Cricket, Athletics, Kho-Kho, Volleyball, Throwball, Carrom, Push-ups, Arm Wrestling etc.</p> <p>Staff Events: Lemon and Spoon, Shot Put, Discus Throw, Running</p> <p>The event promoted fitness, teamwork and sportsmanship among participants.</p>

Geo-tagged Photos



VPM's RZ SHAH COLLEGE OF ARTS, SCIENCE & COMMERCE
MITHAGAR ROAD, MULUND EAST- 400081
ACCREDITED BY NAAC WITH GRADE 'A'

Sports and NSS Committee Celebrating

FIT INDIA WEEK - 2024

DATE - 18TH DECEMBER 2024

Tisha Jiten Gosar
Tejas Sawant
(Sports Representative)

Mrs. Anjaneeka Uday
(VP & Sports Committee
Convener)

Dr. Barkha Shamnani
(I/C Principal)

VPM's RZ SHAH COLLEGE OF ARTS, SCIENCE & COMMERCE
MITHAGAR ROAD, MULUND EAST- 400081
ACCREDITED BY NAAC WITH GRADE 'A'

NSS and Sports Committee Celebrating

FIT INDIA WEEK - 2024

DATE - 18TH DECEMBER 2024

Tisha Jiten Gosar
Tejas Sawant
(Sports Representative)

Mrs. Anjaneeka Uday
(VP & Sports Committee
Convener)

Dr. Barkha Shamnani
(I/C Principal)

VPM'S R Z SHAH COLLEGE OF ARTS, SCIENCE & COMMERCE
MITHAGAR ROAD, MULUND (EAST), MUMBAI-81
ACCREDITED BY NAAC GRADE 'A'

NSS AND SPORTS COMMITTEE CELEBRATES
FIT INDIA WEEK-2024

SPORTS DAY FOR STAFF

December 14 Saturday

Box Cricket

Badminton

Standing kho kho

Tug of war

Lemon and spoon

Mrs. Anjaneeka Uday
(VP & Convener, Sports Committee)

Prof. Seema Ughade & Prof. Priyanka Patil
(NSS Programme Officer)

Dr. Barkha Shamnani
(In-charge Principal)

VPM's R Z Shah College Of Arts, Science and Commerce
MITHAGAR ROAD, MULUND EAST, MUMBAI 80801
Accredited by NAAC with grade 'A'

NSS and Sports Committee Celebrates

FIT INDIA WEEK - 2024

DATE: 14TH DECEMBER, 2024

- SHOTPUT - 08:00AM
- DISCUS THROW - 08:00AM
- ATHLETICS - 08:30AM
- BOX CRICKET(FINAL) - 10:00AM
- STAFF SPORTS - 09:00AM

VENUE : COLLEGE GROUND

Prof. Seema Ughade and Prof. Priyanka Patil
(NSS Programme Officer)

Mrs. Anjaneeka Uday
(VP & Sports Committee Convener)

Dr. Barkha Shamnani
(I/C Principal)

Anjaneeka K

Mrs. Anjaneeka Uday
Committee Convener

Rajashree

Mrs Rajashree Prabhu
IQAC Coordinator

Barkha

Dr Barkha Shamnani
In-Charge Principal

College Seal:

