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॥ श्रद्धावान् लभते ज्ञानम् ॥
SHREE RANG NAVCHETAN
MAHILA ARTS COLLEGE, VALIA

NAAC Accredited 'B' Grade (2.31)

Robust mind lives in robust body



Sports Activities in Detail

Dr. Roshan Kumar Gamit

Co-ordinator

Year	Name of Activities	Name of Students	No. of Students Participated	Event	Date
2022 to 2023	Celebration of Yog Day	-	227	Yoga Day	21-07-2022
	Fitness Training of Tug of War, Kabaddi, Athletics, Cross Country & Kho -Kho practiced by Physical Instructor Bhartiben Parmar.	-	15	Fitness Training of Tug of War	15th July to till Date
	<u>Kho-Kho Selection in Inter University Team Vyara</u>	Mamta Vasava – T.Y. Asha Vasava – T.Y. Sheetal Vasava – T.Y. Nisha Vasava - S. Y.	04	<u>Kho-Kho Selection in Inter University Team</u>	18-10-2022
		Riyal Vasava- S.Y. Rita Vasava – S.Y.	11		10-01-2023

	<u>Inter College Participation in Tug of War at M.K. College</u>	Priyanka Vasava – S.Y.		<u>Inter College Participation</u>	
		Urvashi Vasava S.Y.			
		Sheetal Vasava T.Y.			
		Mamata Vasava -T.Y.			
		Asha Vasava – T.Y.			
		Nisha Vasava -S. Y.			
		Sarswati Vasava - M.A. -II			
		Vasava Krishna F.Y.			
		Nisha Vasava -T. Y.			
		49 Youth Festival Inter - College Athletic Meet 2023 January at VNSGU, Surat			
Vasava Rahul G.	04		4 x 400 M. RELAY	04-01-2023	
Vasava Mayur G.					
Vasava Sunil A.					
Vasava Vishaal V.					

		Vasava Vishaal V.	08	4 x 100 M. RELAY <u>Team Event</u>	
		Vasava Rahul G.			
		Vasava Sunil A.			
		Vasava Mayur G.			
		Vasava Rial H. S.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Nisha C. S.Y.			
		<u>Team Event</u>	07	4 x 400 M. RELAY <u>Team Event</u>	
		Vasava Rial H. S.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Vishaal V. M. A.			
		Vasava Rahul G. M. A.			
		Vasava Sunil A. M. A.			

		Vasava Mayur M.A.			
		Vasava Sunil A. M. A.	02	200 M. Run	
		Vasava Asha R. T. Y.		<u>Individual Event</u>	
		Vasava Nisha C. S.Y.	05	200 M. Run	
		Vasava Sheetal R. T.Y.		<u>Individual Event</u>	
		Vasava Mamta N. T. Y.	Reached to Semi-final Round -01		
		Vasava Nisha C. S.Y.			
		Vasava Mayur G.			
		Vasava Vishaal V.			
		<u>Individual Event</u>	04	400 M. Run	
		Vasava Sheetal R. T.Y.		<u>Individual Event</u>	
		Vasava Sheetal R. T.Y.			
		Vasava Mamta N. T. Y.			
		Vasava Nisha C. S.Y.			
		<u>Individual Event</u>	02	800 M. Run	

		Vasava Rial H. S.Y.		<u>Individual Event</u>	
		Vasava Rahul G.			
		Vasava Mamta N. T. Y.	01	1500 M. Run <u>Individual Event</u>	
		Vasava Mamta N. T. Y.	05	110 M. Hurdle	
		Vasava Rahul G.			
		Vasava Nisha C. S.Y.			
		Vasava Sheetal R. T.Y.			
		Vasava Rial H. S.Y.	4 th Rank		
		Vasava Vishaal V.			
		Vasava Mayur G.			
		Vasava Mamta N. T. Y		400. M. Hurdle	
		Vasava Rahul G.			
		Vasava Nisha C. S.Y.			
		Vasava Rial H. S.Y.			
		Vasava Vishaal V.			

		Vasava Sunil A.			
		Vasava Nisha C. S.Y.	05	Long Jump	
		Vasava Rahul G.			
		Vasava Mayur G.			
		Vasava Vishaal V.			
		Vasava Priyanka K. S.Y.			
		Vasava Sheetal R. T.Y.	06	High Jump	
		Vasava Nisha C. S.Y.			
		Vasava Rita R. S.Y.			
		Vasava Rahul G.			
		Vasava Vishaal V.			
		Vasava Rial H. S.Y.			
		Vasava Nisha C. S.Y.	01	Triple Jump	
		Vasava Urvashi P. S.Y.		Shot-Put	

		Vasava Rial H. S.Y.	04	Discuss Throw	
		Vasava Urvashi P. S.Y.			
		Vasava Rita R. S.Y.			
		Vasava Rahul G. M.A.			
		Vasava Sarswati B. M.A. -II			
		Vasava Rial H. S.Y.	05	Javelin	
		Vasava Rita R. S.Y.			
		Vasava Urvashi P. S.Y.			
		Vasava Rahul G.			
		Vasava Sunil A.			
2021 to 2022	Intercollege Online Yoga Quiz Competition (Dr. Dilavarkhan Pathan)		386	Intercollege Yoga Quiz Competition Online	21-06-2021
	Yogaasan Shibir – Yoga Expert – Mrs. Kaamina D. Raj &	-	45	Yogaasan Shibir	11-10-2021 To

	Mr. Surendrasinh Chauhan From State Gujarat Yoga Board.				14-10-2021
	Kabaddi, Vyara Arts & Commerce College. (Intercollege Competition)	-	10	Intercollege Competition	05-12-2021
	Lok Rakshk Police Dal Recruitment Training (LRD)		15 Selected in LRD		22 -12-2021, 23-12-2021 & 30-12-2022. 08-01- 2022 & 10-01-2022
	Athletic Meet -Running, 100 Mt. Run - 01 200 Mt. Run - 02 400 Mt. Run - 02 800 Mt. Run - 02 1500 Mt. Run – 02 5000 Mt. Run -02		09	Athletic Meet - Running	14-03-2022 To 17-03-2022

	4th rank in Veer Narmad South Gujarat University Youth Festival Kinjal Vasava B.A. Sem -4				
	4 x 100 M. RELAY – 04 4 x 400 M. RELAY – 04			4 x 100 M. RELAY – 04 4 x 400 M. RELAY – 04	
	Shot Put – 02				
	Discuss Throw -02 4th rank in University Youth Festival Rial Vasava B.A. Sem-2				
	Javelin Throw- 01 7th rank in University Youth Festival Rita Vasava B.A. Sem-2				
	Drill March		20		14-08- 2021

	Inter Class Kho - Kho Competition		12		
	Inter Class Kho - Kho Competition		36		
2020 to 2021	Fit India Movement		250		18-01-2020
2019 to 2020	Corona Pandemic				
2018 to 2019	Musical Chair-Girls		57		20-01-2019
	Shot Put-Boys		11		20-01-2019
	Rassa Khench -Girls		42		20-01-2019
	Musical Chair- Boys		12		20-01-2019
	Volleyball -Boys		12		20-01-2019
2017 to 2018	Musical Chair-Girls		59		20-01-2018

	Shot Put-Boys		12		20-01-2018
	Rassa Khench -Girls		46		20-01-2018
	Musical Chair- Boys		13		20-01-2018
	Volleyball -Boys		14		20-01-2018

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