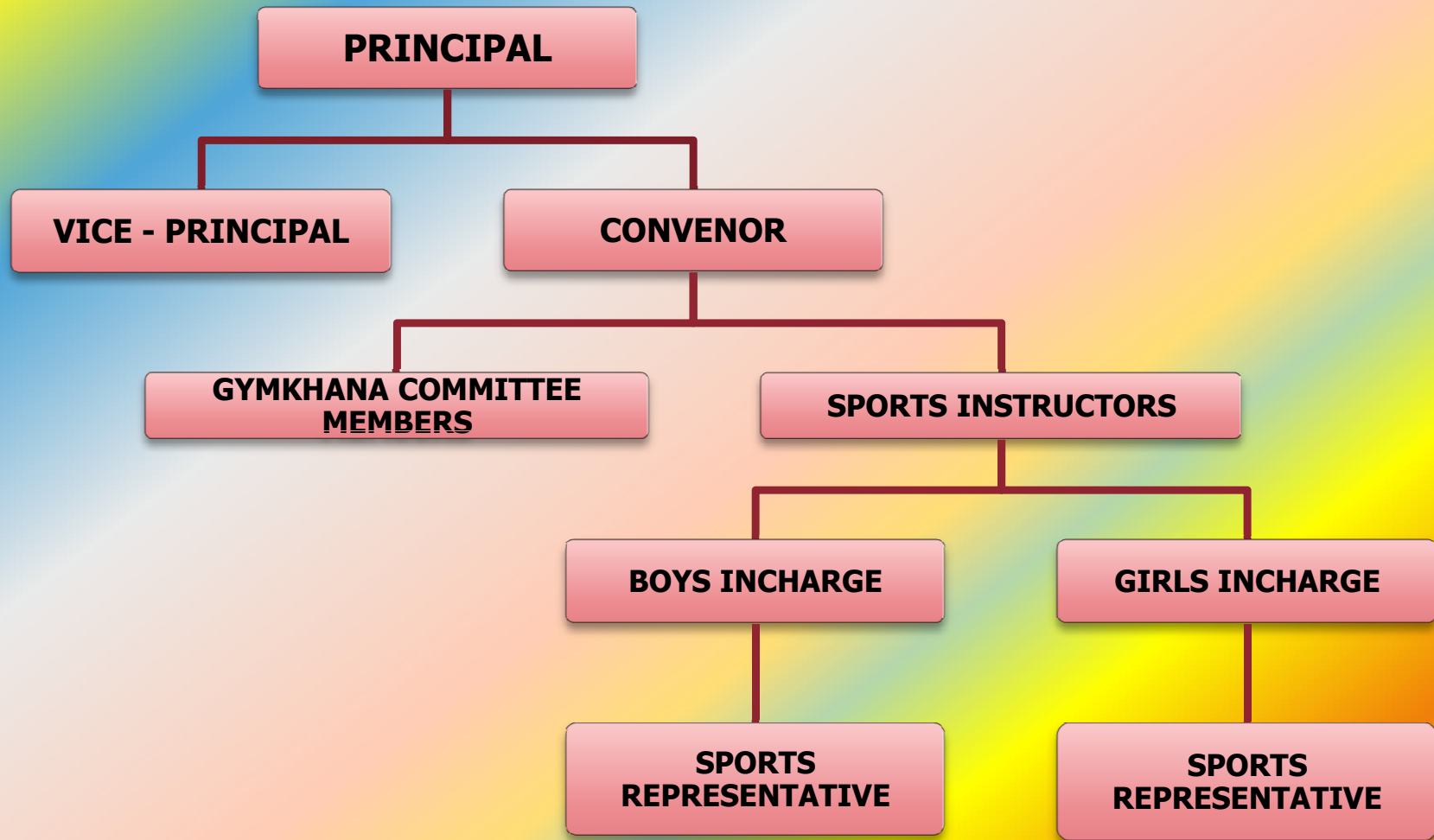


'A' GRADE  
NAAC Re-accredited

# **N.E.S. RATNAM COLLEGE OF ARTS, SCIENCE & COMMERCE**

## **GYMKHANA 2017-22**

# GYMKHANA COMMITTEE



# OBJECTIVES OF SPORTS

- **To encourage and develop Healthy Competition amongst Students.**
- **To give a platform to Student to realize their potential in sports.**
- **To enhance the physical activities of the students.**
- **To identify talented students and coach them from prize winning participation in the inter collegiate and university level tournament.**
- **To provide the opportunity to be inventive and creative in sporting activities.**

# COACHING FACILITY

➤ Coaching facility is provided to College for the following Games:

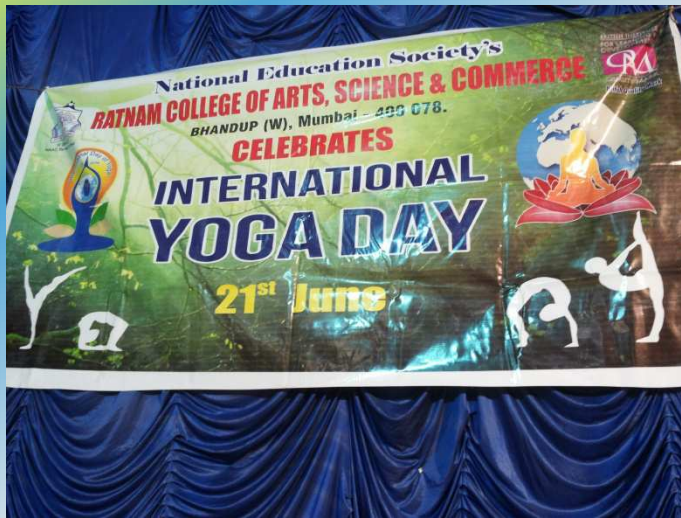
1. Gymnasium (Fitness training)
2. Athletics
3. Power lifting
4. Tug of war
5. Cricket
6. Volleyball
7. Taekwondo
8. Karate (Self Defence)

# COLLEGE ACTIVITIES & INTER-COLLEGIATE TOURNAMENT

- 1. Carrom**
- 2. Chess**
- 3. Table Tennis**
- 4. Volleyball**
- 5. KHO-KHO**
- 6. Kabaddi**
- 7. Box-Cricket**
- 8. Tug of war**
- 9. Athletics**

**Total Number of Participants :  
350 Students**

# **INTERNATIONAL YOGA DAY CELEBRATION**





# INDOOR GAMES

## CARROM



**Total Number of Participants :  
256 Students**



# CHESS GAMES



**Total Number of Participants :  
192 Students**





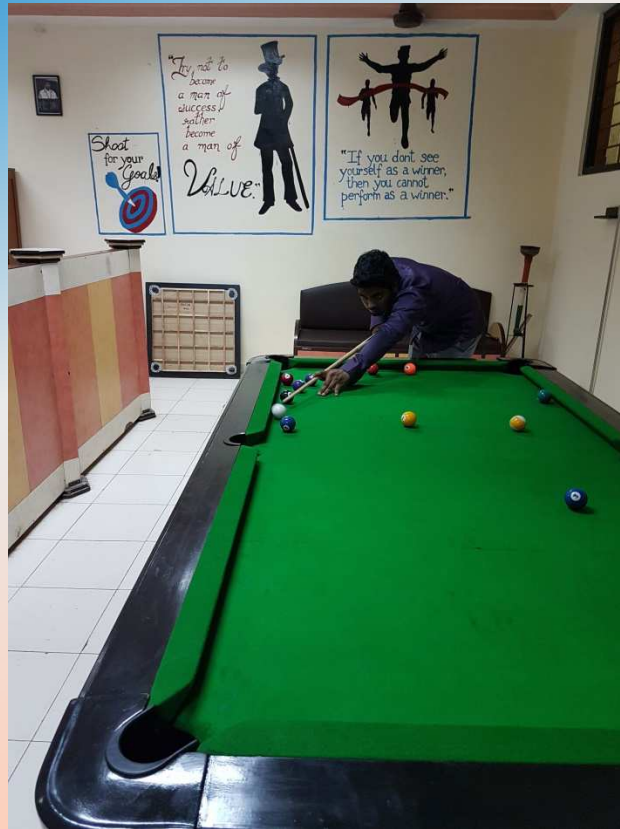
# TABLE-TENNIS GAMES

**Total Number of Participants : 112 Students**



# POOL FACILITY

**Total Number of Participants : 75 Students**



# OUTDOOR GAMES

## FOOTBALL

**Total Number of Participants : 21 Team & 220 Students**





# KABADDI

**Total Number of Participants  
: 16 Team & 192 Students**





# VOLLEYBALL





# VOLLEYBALL



# TEACHING & NON-TEACHING STAFF OUTDOOR GAMES

**Total Number of Staff  
Participants : 56**





# CROSS COUNTRY RUNNING



**Total Number of College  
Participants : 96 College & 576  
Students**





# INDEPENDENCE DAY & REPUBLIC DAY CELEBRATION





# ATHLETICS



**Total Number of Participants :  
426 Students**



# TÆKWONDO PICTURE GALLERY



## ACHIEVEMENTS 2017-18

- Ms. APURVA KAVISKAR 2<sup>ND</sup> PLACE IN HAMMERTHROW TOURNAMENT (UNIVERSITY OF MUMBAI)
- Ms. APURVA KAVISKAR 5<sup>TH</sup> PLACE IN SHOT PUT THROW TOURNAMENT (UNIVERSITY OF MUMBAI)
- MR. VIJAYRAJ NADAR 5<sup>TH</sup> PLACE IN POWER-LIFTING TOURNAMENT (UNIVERSITY OF MUMBAI)



## ACHIEVEMENTS 2018-19

- Ms. APURVA KAVISKAR 2<sup>ND</sup> PLACE IN HAMMERTHROW TOURNAMENT (UNIVERSITY OF MUMBAI)
- Mr. Sandeep Yadav Participated in Half Marathon 21Km Organize by IIT Bombay  
3<sup>rd</sup> place in Half Marathon 21km.
- Mr. Sandeep Yadav (MSC ) Participated in Mumbai Marathon 42Km  
Bronze Medal Full Marathon 42Km Completed
- Mr Ibrahim Kathib 1<sup>st</sup> Place In Carrom  
Tournament ( Menon College)
- \* Ms. MUSKAN SHAIKH 2<sup>ND</sup> PLACE IN Carrom  
Tournament (MENON COLLEGE)

## • ACHIEVEMENTS 2021-22

- Mr. Balram Prabhudas Pandikaanraj of TY.B.Com/B and Mr. Sumeet Sheshmani Yadav of TY.B.Sc /CB, are selected by Maharashtra Volleyball Association Committee from 2022 to represent the Mumbai Suburban Volleyball Team.
- Ratnam Volleyball Team Participated in Intercollegiate Volleyball tournament and Stood First in Shree Narayana Guru College of Commerce Chembur and Chetna College Bandra.
- Mr. Balram Pandikanraj of TY.B.Com represented Maharashtra in the 5<sup>th</sup> National Youth Games Champion event in Volleyball and Won the Gold medal. This event was organized by the National Youth Sports and Education Federation (NYSAEF) held at Chougule Sports College, Madgaon Goa during 25<sup>th</sup> to 27<sup>th</sup> Feb 2022. this is recognized by International Olympic Committee (IOC, WHO, ICSSPE & UNESCO) and Approved by (MSME Govt.of India)

## ACHIEVEMENTS 2022-23

- MS. SAKSHI RAJE 1<sup>ST</sup> PLACE IN 1500MTS ATHLETICS TOURNAMENT ZONE - II (UNIVERSITY OF MUMBAI)
- MS . SAKSHI RAJE 1<sup>ST</sup> PLACE IN 5000MTS ATHLETICS TOURNAMENT ZONE – II ( UNIVERSITY OF MUMBAI )
- MS SAKSHI RAJE 2<sup>ND</sup> PLACE IN MARATHON ( INDIAN OIL WNC NAVY MARATHON)
- RATNAM VOLLEYBALL TEAM PARTICIPATE IN INTER- UNIVERSITY ( ASHWAMEDH) STATE LEVEL

NES RATNAM GYMKHANA COMMITTEE  
ORGANIZED INTER-COLLEGIATE CHESS  
TOURNAMENT MEN & WOMEN ZONE II  
(2022-23)  
TOTAL 96 COLLEGE PARTICIPATED  
**576** Students









# INDIANOIL WNC NAVY



0000  
Samsung Quad Camera  
Shot with my Galaxy A23







# NES RATNAM GYMKHANA COMMITTEE FUTURE PLAN

\* RATNAM TURF GROUND

\* RATNAM GYMNASIUM

• TO START CERIFICATE COURSE:

1.OFFICIAL & REFEREE EXAM ( ATHLETICES ,  
VOLLEYBALL , KABADDI, FOOTBALL ETC..)

2.GYM FITNESS COURCES

3.YOGA CERTIFICATE COURSE



● THANK YOU.